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Woman

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Mark begs Michelle STOP THE DIET!

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Burn fat fast!

Ooh Look!
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Inside this issue!

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Mother's Day is on 15 March and if you're thinking about goodies for yourself or treating your own mum, turn to p51 for a great cake recipe to celebrate. Or why not go out for a treat? See p47 for places to visit for a lovely afternoon tea. Best of all, though, you can go to Cafe Thorntons for two hot chocolates absolutely FREE (p50). Happy Mother's Day!

Editor, *Woman*

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* On the cover

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WEEK

Karan Rai checks out the best-

And the OSCAR

all of them! Whether in ravishing reds, midnight blues or pastel

Julianne Moore

Taking home the Best Actress award for *Still Alice*, Julianne, 54, has every reason to be overjoyed. Her Chanel masterpiece is truly fit for the occasion.

Rosamund Pike

The 36-year-old *Gone Girl* star is just showing off in this Givenchy gown. Having given birth only two months ago, Rosamund looks simply fabulous.

Sienna Miller

The *American Sniper* actress, 33, shows you don't have to look like a cupcake at an awards do! Opting for a demure Oscar de la Renta number, she's our girl crush.

Oprah Winfrey

This rose-gold Vera Wang creation is a red-carpet smash for Oprah, 61. Looking sweet yet sexy, the daytime TV legend knows what works for her body.

NSTYLE

dressed stars at this year's Oscars

Best cleavage award

Best body skimmer

goes to...

hues, these leading ladies shone

Jessica Chastain

Pilling on the bling, this glittering Givenchy number is made for a big night out. Creating a sleek silhouette, this is a total triumph for *Interstellar* star Jessica, 37.

Jennifer Aniston

It's a red-carpet shocker, but Jen, 46, isn't wearing black! The *Cake* leading lady is a knock-out in her stunning nude Versace showstopper.

Emma Stone

The go-to designer of the night has to be Elie Saab, and this green number fits the *Birdman* actress, 26, like a glove. Her tousled waves keep the look fresh.

Jennifer Lopez

When it comes to red-carpet winners, J-Lo, 45, is a seasoned pro. Wearing jewels worth $2.5million by Neil Lane, she's no regular Jenny from the block.

PHOTOS: PA PHOTOS

woman ABOUT TOWN

Chloe, Sara & Helen bring you the latest gossip

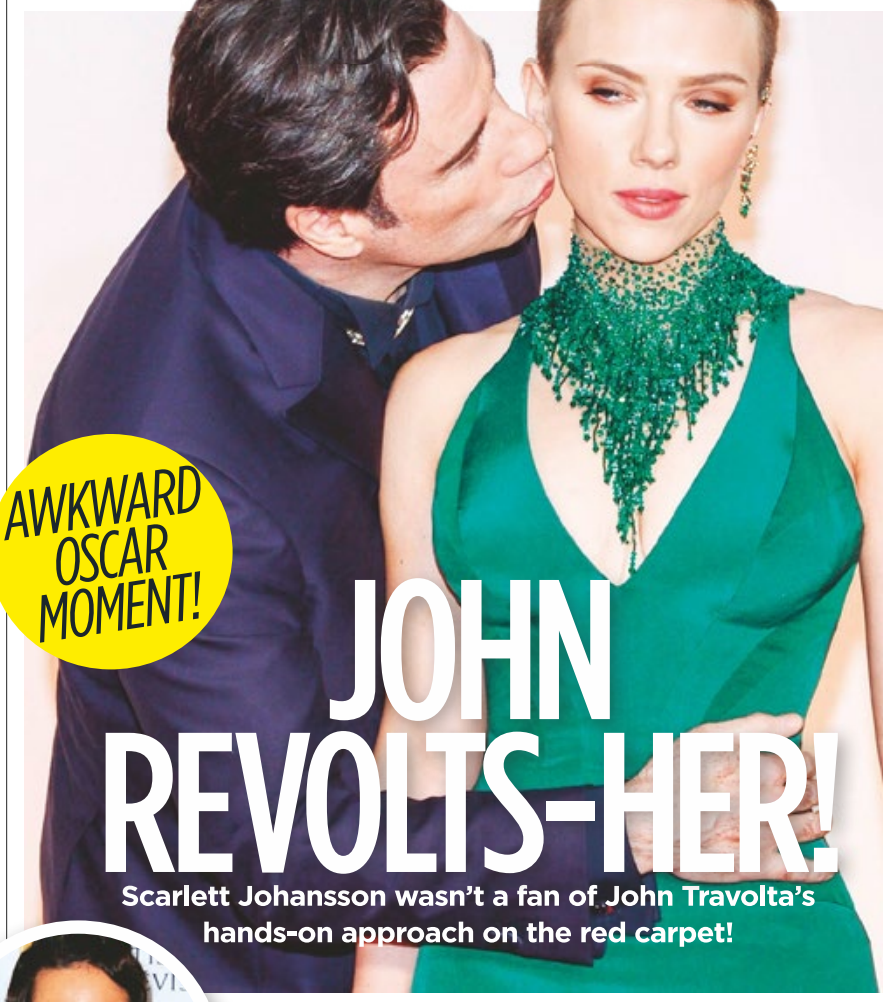
KATIE'S SHOCKING NEW LOOK

IS THAT YOU, PRICEY?!

We couldn't be more shocked by Katie Price's pared-down new image. Gone is the *TOWIE* look in favour of a chic androgynous outfit at a charity fashion show. We wonder if she was tempted to choose the same look for her recent wedding vow renewal to Kieran. Well, she certainly wears the trousers!

'I'm a recluse!'

Judy Finnigan has certainly hit the headlines since joining *Loose Women*. But she's still glad she's taken a role on the panel confessing, that being a novelist had left her becoming something of a 'recluse'. 'I don't get out much,' she confessed. 'You have to think of these things when you're a writer as you can get stuck at home. You can end up being a recluse.'



AWKWARD OSCAR MOMENT!

JOHN REVOLTS–HER!

Scarlett Johansson wasn't a fan of John Travolta's hands-on approach on the red carpet!

PHOTOS: FLYNET, PA PHOTOS, PHOTOSHOT, REX, XPOSURE

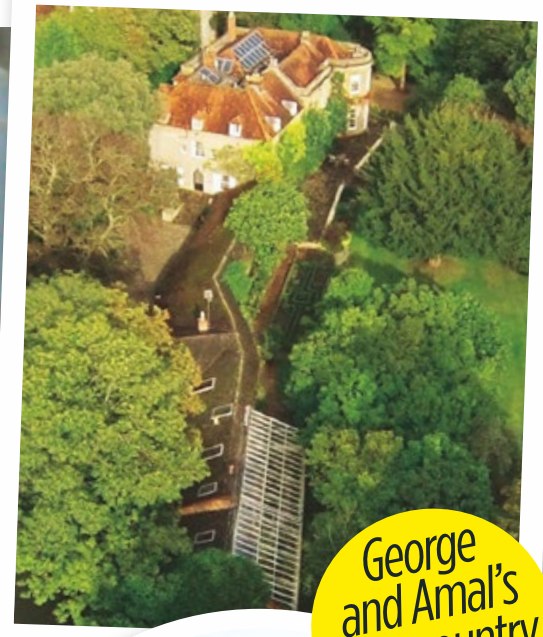
Gossip to go ✱ Olivia Colman is expecting her third child

✱ Oscar winner Eddie Redmayne says

EXCLUSIVE

KIM'S BUM THERAPY

It's her most prized asset, so no wonder Kim Kardashian is making extra efforts to look after her bum. Insiders says she had hired a specialist 'butt therapist' to perform intense lymphatic massages with electric rods and is working out for two hours a day to keep her derriere in tip-top condition. Ouch!



George and Amal's new country pad!

BREAKING NEWS

AMAL THE DIVA

Is George Clooney's wife Amal getting ideas above her station? The couple have reportedly installed a 'panic room' into their Berkshire home because of lawyer Amal's controversial clients. Or perhaps she just wants to keep George's fans well away!

ROYAL EXCLUSIVE

Camilla vs Kate

Camilla is reportedly 'dreading' her upcoming royal US tour as she's worried about following in Kate's footsteps. The Duchess of Cambridge was a huge success in the US and Camilla is said to have told aides she's desperate to avoid anywhere Kate visited on her royal tour. She's also packing a treasure trove of jewels as she intends to dazzle at official engagements, including at the White House, and has been having spa massage treatments to help banish cellulite. Let battle commence!

his mum is his biggest critic ✱ Vernon Kay reveals he'd consider taking part in *Strictly Come Dancing*

Mark begs Michelle: SLOW DOWN!

Is the ex-Corrie actress pushing her fitness regime too far? Woman's Helen caught up with the star

With just a few months to go until the big day, Mark Wright and fiancée Michelle Keegan are hitting the last stretch of intense wedding planning, with the actress confessing she's in a 'panic' to get everything done in time.

But away from organising the favours, place cards and reception playlist, friends say that like any bride, Michelle, 27, is growing increasingly focused on making sure she is in great shape for her big day. She and Mark are determined to look their best when they exchange their vows, and while every bride wants to make sure they can look back on their wedding photos with a smile, the pressure must be especially high when you've been named one of the world's sexiest women, as Michelle has!

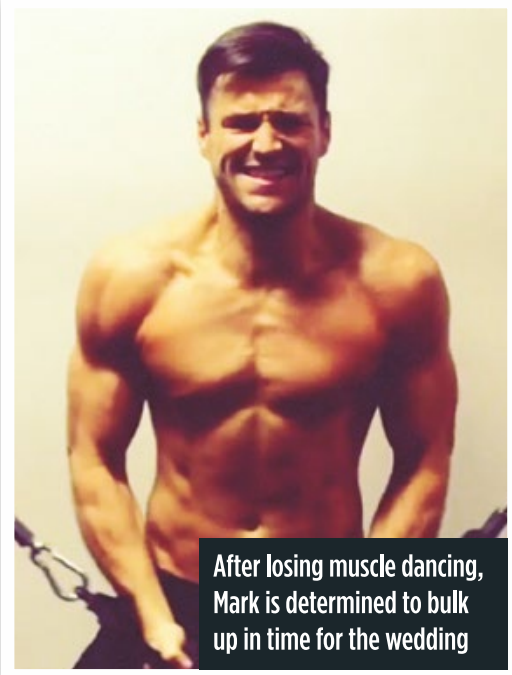
No wonder then that, according to a source close to the couple, Michelle's pre-wedding diet, fitness and beauty regime is becoming something of a growing preoccupation. 'Michelle made a New Year's resolution to sort her life out and it's really working,' reveals our insider. 'It's great she's looking after herself, but it's bordering on obsession.'

Treats are rationed

In the past, the actress has been relaxed about her diet. Last year, Mark admitted Michelle is happy to indulge in treats here and there, including the odd midnight snack of a Magnum ice cream in bed! But, unsurprisingly, Michelle's now cut back on

'IT'S GREAT SHE'S LOOKING AFTER HERSELF BUT IT'S BORDERING ON OBSESSION'

Michelle is training hard for her big day, with up to four sessions a week in the gym



After losing muscle dancing, Mark is determined to bulk up in time for the wedding

these treats as her wedding day approaches.

And according to friends, Mark worries that she's putting herself under too much pressure. He's told her to 'calm down' and tried to reassure her he's always thought her size eight figure is perfect the way it is.

Our insider continues, 'Mark just wants her to relax and be happy. All couples face a lot of stress in the build-up to a wedding. He's blown away by how hard she exercises – she puts on her music really loud and absolutely hammers the treadmill.

'She doesn't need to go bonkers and he tells her so, but perhaps when she's in bridezilla mode all he can really do is stand back and let her get on with it!'

The actress, who has just launched her latest Lipsy range, is now training at least three or four times a week with hour-long sessions of cardio and weights.

Meanwhile, Mark, 28, who confesses he's also 'quite a perfectionist and controlling' when it comes to the wedding, is trying to bulk up for the big day.

'Dancing on the *Strictly* tour made me lose a stone and a half in weight,' he reveals. 'Some of it was fat, but most of it was muscle. I want to put it back on, so I need to get to the gym pronto!'

Pre-wedding diet

For months, Michelle was following a rigorous paleo diet, which involves upping your protein intake and eating fewer carbs and excluding dairy and processed food.

But she recently swapped to a fitness training food plan to support her exercise regime. She's following the food plans provided by Soulmatefood, which tailors menus and fresh food packages and delivers them to your door. And both she and Mark are drinking detoxing Bootea herbal tea.

However, Michelle has confessed they did enjoy a night off their 'healthy eating mission' on Valentine's Day as a treat.

WORDS: HELEN STUART PHOTOS: FLYNET, WENN, NEWS SYNDICATION, SPLASH

Countdown to the wedding of the year!

The big day is almost here...

Mark and Michelle's wedding this summer is set to be the showbiz bash of the year, with 200 guests and music provided by the *Strictly Come Dancing* band.

But despite the glitz and glamour, it's also going to be a traditional affair for the young couple, who have ditched an exotic wedding abroad in favour of tying the knot in Britain in front of their friends and family.

'We loved the idea of getting married abroad, but for both of us it wouldn't have felt right,' says Mark. 'That's not like a real wedding in a church in the way our parents got married, and we want our families to be there.'

The couple will also be sharing traditional vows, rather than writing their own. And instead of celeb mates making up the wedding party, Mark's best man will be his younger brother Josh, while Michelle's bridesmaids will include Mark's two sisters, her stepsister, her cousins and best friend.

And the newlyweds will stick with romantic tradition to the end. 'We will be Mr and Mrs Wright,' reveals Michelle. 'I may keep the name Keegan for work, but for everything else in my life, I will be Michelle Wright.' Aww.

Michelle is very close to her mum Jacqueline...

...just as Mark is to his parents, sisters and brother, best-man-to-be Josh (inset)

Snail gel facials

As well as making sure her body is at its best, Michelle is said to be upping her beauty regime too by using different face masks every day and even using a face cream made with 'snail secretion' to keep her skin glowing. However, when we caught up with Michelle at the launch of her summer 2015 collection with Lipsy, she told us that she still feels like she's not doing enough.

'I should be doing more than I am to prepare for the wedding, to be fair. If I have got time, I will, but if I haven't. I don't beat myself up about it,' she revealed.

Michelle told us that despite this she's not feeling too overwhelmed about her upcoming nuptials. Because at the end of the day, the glamorous couple know that no matter what happens, their wedding day will be a very special one.

As Michelle says, 'We've both got our fairy tale.'

HARPER BECKHAM: Fashion *icon!*

She may only be three years old, but the Beckhams' baby girl is already a fashion mogul in the making...

THE CAPE

Katherine Jenkins looks chic in her copycat black cape

Pippa Middleton takes a leaf out of Harper's book

Sorry Amanda Holden, you need to lose the hat!

FAUX FUR

Corrie's Kym Marsh uses her fur to keep warm on the cobbles

Myleene Klass is fab in faux fur and so hot right now!

Sienna Miller's shaggy effort is super-stylish

THE FLOPPY HAT

Jessica Alba's got nothing on H7's boho hat hairdo

Rosie Huntington-Whiteley proves this is a model look

A dapper Rochelle Humes pairs hers with a matching bag

WORDS: HELEN STUART PHOTOS: CORBIS, EAGLE PRESS, FLYNET, PA PHOTOS, SPLASH, VANTAGE, WENN, XPOSURE

WOMAN EXCLUSIVE!

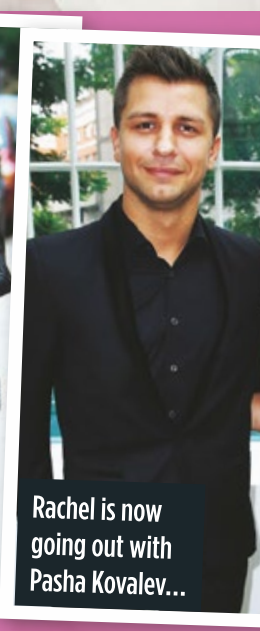
'I don't MAR

The Countdown star shares her

Rachel Riley seems to glow with contentment, but it hasn't all been rosy for the *Countdown* star. When her marriage broke down during her *Strictly* stint in 2013, her private life became the talk of the tabloids. Having been with her ex husband since their Oxford University days, Rachel, 29, was forced to adjust to being single. But now she's settled with her new love, former *Strictly* partner Pasha Kovalev, and couldn't be happier. Here she tells us what it means to be an Essex Girl and why you *can* be friends with an ex...

Rachel took Carol Vorderman's old job on *Countdown* in 2009

With ex-husband Jamie Gilbert. 'We're still friends,' she reveals


Rachel is now going out with Pasha Kovalev...

feel the need to RY AGAIN!'

thoughts on her life, love and why she doesn't worry about the future...

WORDS: CHLOE THOMAS
PHOTOS: DAVID VENNI/CHILLI MEDIA, I-IMAGES, WENN

'My friends from back home hate the stereotype of Essex girls. It was big in the 80s, then it went away and now it's back. It's annoying because Essex has some of the best schools in the country and there are so many clever women coming through, but now we've got this reputation for getting our nails done and wearing fake tan. People say to me, 'You don't have an Essex accent' but I do, I have a classic twang, which is very different to the stereotype. If the show was called *The Only Way Is England*, people would be as unhappy about it as some Essex people are about certain reality shows.'

'When I was younger I had a bit of a baby face, blonde hair and a big smile. So when I said I was studying maths at Oxford, some people were taken aback. But I always say don't judge a book by its cover. I think this is something that can happen to girls in general, especially if you're remotely pretty. People can be surprised you're doing something clever.'

'You can't mentally prepare yourself for something like *Strictly*. I was lucky that I had good friends and family around me and my dance partner Pasha was so calm. It was hard listening to some of the stuff Craig Revel Horwood came out with, but he's the pantomime villain and it's only when you step away from the intensity of the show that you see it for what it is.'

'My marriage break up was definitely something I'd rather have done in private, but I was lucky that my ex-husband, Jamie, was fantastic. He wasn't fazed by the fame aspect of things and we're still very much friends. We just tried to do as much in private as possible.'

'The reason *Strictly* coincided with my marriage break-up was that it gave me some space. I was away a lot doing *The Gadget Show, Countdown* and then dance rehearsals so I was super busy. It gave me some distance to work out what I was feeling. I'd been with my ex since I was 19 and we had become more like friends, so we had an amicable separation.'

'My relationship with Pasha is still new and he's away a lot with his tour, but it's quite nice that we're in similar positions that neither of us know what the future holds. When we have time off we can be together in a big chunk, and chill out, watch a movie, or go to the local pub – just like any other couple.'

'With everything that's happened in the last year, I'm a lot more comfortable with not having my life mapped out. I was someone who was always striving to do the next thing, but now I'm more relaxed. I turn 30 next year and I feel like I've achieved a decent amount. I don't feel the need to get married again. If I'm with someone and I'm happy, that will be enough. I don't see myself with or without children – whatever will be, will be.'

'Since I was 15, I've done lots of different jobs: waitressing, shop work, working in the City. Doing *Countdown* was a once in a lifetime opportunity, I couldn't turn it down. If it all goes wrong, I can always fall back on my maths degree. I love the variability about what I do, there's no nine to five and I've had some really amazing experiences.'

'Going into showbiz has changed my life. I'm earning a lot more than I would be otherwise, but I'm self-employed so I never know where the next pay cheque is coming from. I don't go to too many showbiz parties and I've got the same friends I've had since I was 11. I do have some famous friends, I met a lot of my friends doing *Strictly*, like Deborah Meaden. I'm also in touch with Sophie Ellis-Bextor and Abbey Clancy. It was a unique bonding experience.'

> 'I have a classic Essex accent'

'My mother is Jewish and I am very proud of that part of my heritage. I love the Kosher food, although I don't believe in God. I identify as Jewish and I've been to the synagogue a fair few times. But overall we're a secular, non-observant family – my granddad used to eat matzo balls with bacon!

'After uni I went back to Essex and I never really craved the bright lights of the big city. But now I'm living in West London and I absolutely love it because I can get home to Essex in an hour and get up to film *Countdown* in Manchester from Kings Cross. I love the vibrancy of London, there are so many different types of food here. It's the first time I've lived alone. I've been renting and love the flat but the plan is to buy a place of my own soon. I'm in a happy place at the moment.'

...who she partnered on *Strictly* in 2013

*** Rachel has helped launch Standard Life's #ReadyWhenUAre campaign, to provide information ahead of the biggest changes to the UK pensions system which are taking place this April.**

For years the word teenager has been synonymous with 'binge-drinker'. And you only have to look at these shocking pictures to see why. But for today's youngsters, falling out of clubs may be a thing of the past.

Dubbed Generation Sensible, more and more of them are turning their backs on booze. New figures show the proportion of teetotal 16 to 24-year-olds has rocketed by 40% in the past decade, with one in four now shunning alcohol.

The clampdown on bars selling booze to under-21s, along with the soaring cost of alcohol, may have contributed to the fall, but there's no question that today's youth are far more wholesome than their parents.

While we idolised rock stars and now swill a glass of wine (or two) a night, polls show that Generation Sensible look to athletes like Jessica Ennis-Hill, 29, and entrepreneurs like Zoella, 24, as role models. They are proof that dedication and a clean-living lifestyle pay off.

Here, one mother-daughter duo tell us why roles are reversed in their house too...

Drunk and out of cont is it the end of pictures

More teens are turning teetotal, according to new figures. Here, we investigate the

'SHE'S SO SENSIBLE... I DON'T KNOW WHERE SHE GETS IT FROM!'

Jacqui Deevoy, 52, is a writer. She lives in Herefordshire.

When I heard the news that the number of teetotal teens had rocketed in the last decade, I was hardly surprised. My daughter Ruby has never liked alcohol and has been berating me about my love of red wine for years.

She grimaces when I pour a glass and shakes her head if I go back for a second. 'Don't overdo it, Mum,' she'll say in a very disapproving tone.

Our relationship has always been a bit of a role reversal. In fact, Ruby has been scolding me about one thing or another since she was two years old!

The oldest of my four children, Ruby quickly took on a maternal role. She liked to cook and could make dinner for the whole family from the age of nine. And she was also much stricter on her younger siblings than I was – telling them to go to bed on time and not to watch too much TV. Ruby had so much authority they seemed to listen. She was so sensible – I had no idea where she got it from!

I had my first sip of alcohol, a lukewarm cider, aged 13, at a birthday party. I felt so grown-up swigging from the can. Ruby's first experience was different. She was 15 and with her friend's, but she hated it! That didn't stop her getting drunk at a party aged 19 – but after that she swore never again.

I've never had to pick her up from a club, or help her nurse a hangover, but I have to admit she's had to help me on more than one occasion!

Ruby and Jacqui, 'I'm proud of her but I do think she could loosen up a bit!' says Jacqui

Now Ruby's in her twenties, our differences are even more obvious. I've been in and out of relationships since the'90s, and have just got married to Dan, my partner of less than a year. For the past four years Ruby has had a lovely home in Gloucestershire with her long-term boyfriend. And, while my weekends are spent with friends at the local pub, Ruby's taken up knitting!

We're used to these shocking pictures of binge-drinkers but could they soon be a thing of the past?

rol but... like this?

rise in Generation Sensible...

Ozzy, 66, and Sharon Osbourne, 62, are no strangers to living outrageously, but their eldest daughter Aimee, 31, famously opted out of their reality TV show. 'I'm more reserved and my private life is very important,' she admitted.

Drinking was a rite of passage for my generation, but teenagers now seem far more confident in themselves. I'm proud of Ruby for sticking to her guns, but I do think she could loosen up a bit!

MUM WAS SHOCKED

Ruby says: During my late teens Mum would often get merry with her friends and I hated it. I can't see any benefits to drinking. It's bad for your health, it makes you say things you never would sober and the hangovers are awful.

Yes, I tried alcohol but if anything it proved to me why I didn't want to get drunk. At 19 I decided to go teetotal. Mum was shocked – her generation seems to need wine to relax, but not drinking makes me feel better.

Perhaps my generation has to be more sensible. There are fewer jobs and the chances of getting on the property ladder seem remote. Not letting booze get in the way is no bad thing.

WORDS: KIRA AGASS. PHOTOS: INF PHOTO, LONDON NEWS PICTURES, PA, SPLASH, WENN

ROLE REVERSAL...

She's the first child of rock legend Mick Jagger, 71, but Karis, 44, couldn't be more different to her father. Described as softly spoken and sensitive, Karis has always shunned the limelight unlike her model sister, Georgia May Jagger.

She's the ultimate wild child, but Madonna, 56, doesn't seem to have passed her rebellious streak on to her daughter. It's reported 18-year-old Lourdes sensibly saved up the money she earned from her clothing range to pay her own way through university. Well done!

Why is it happening?

Psychologist Sue Firth (sue-firth.com) says: 'Children are more educated about alcohol and it's built into them that booze is harmful. They've seen the toll it can have on their parents' generation and are determined not to repeat it.

Social media also plays a part. Our lives are lived on Facebook and the idea that your worst moments could be captured for all to see is a real deterrent.

Although the number of teetotal youngsters is rising, there are still plenty who are out getting drunk. It's always good to chat with your teen about sensible drinking.'

Don't tell me I can't...

Be happier SINGLE

At 41, romantic novelist Faith Bleasdale has finally written her own happy ending

Faith is loving going solo after years of dating

As I tap away on my laptop, putting the finishing touches to one of my novels, I feel a sense of satisfaction like nothing else. Once again, my fictional heroine has found her happy ever after with the man of her dreams.

But while I love my career as a successful romantic novelist, my own love life looks rather different. Aged 41, I'm single, and far from weeping into my wine glass, I've never been happier.

I haven't always felt this way, of course. Back in my twenties, I thought I'd found lasting love. After spending 10 years with one man, we were engaged and living abroad, when he told me he'd met someone else. It was a blow I thought I'd never recover from. I didn't know then that would be my longest relationship.

Back home in London in my early thirties, and determined not to be single, I launched myself head first into the world of dating. Convinced that being part of a couple validated me, as it had for most of my adult life, I dated a string of men. Work was going well. After landing a publishing deal, I began to write more and more. And much like my fictional heroines, I searched hard for Mr Right.

'WITH AGE CAME A REFRESHING CLARITY'

Of course, none was actually right for me, just as I wasn't right for them. Instead, my relationships felt like pushing the wrong piece into a jigsaw puzzle; no matter how hard I pushed, it would never properly fit.

So it was, a decade later, with my son Xavier, then five, a product of my second ill-fated relationship, and with a divorce behind me too, I found myself turning 40 as a single woman.

But while the old me might have shuddered at the thought, and it certainly wasn't part of my plan, with age came a refreshing clarity about my love life. Being single, I realised, was no tragedy. In fact, it was a choice. Instead of going on endless dates, I pursued other interests. I began to spend more time with friends and focus on my writing. And I felt happier for it. And learning to build flatpack furniture and putting my bins out alone, I didn't just cope with being single, I thrived.

Of course, not everyone could accept that I was happily single. Some friends persisted in telling me that Mr Right was just around the corner, and when I found myself in the company of coupled-up friends, I'd see sympathy in their eyes.

Faith with son Xavier

Now 41, I don't need their sympathy, I just need their acceptance. Of course, if the right person came along tomorrow, the kind who'd snuggle up with me on the sofa to watch *Broadchurch*, I wouldn't turn him away. But I'm not waiting for him any more, nor am I interested in wasting my time with Mr Wrong. Life is too short.

I have so much going for me in life besides a relationship – a son who I cherish and a career that brings me happiness. Why would I want to share that life with anyone less than perfect? So while I love writing love stories, for now, at least, I'll leave the romance to my characters.

*** Visit faithbleasdale.co.uk**

Yes, you can BUT REMEMBER...

*** Make friends: Being alone is a great excuse to meet some new people. Try meetup.com to find new friends in your area who share your interests.**

*** Take up hobbies: We all have things we've put off for years that we've always wanted to try. Why wait? Whether it's rock climbing, surfing or walking holidays, there are websites that cater for every hobby. Try solosholidays.co.uk.**

ARE YOU PART OF GENERATION Y NOT?

It's a great time to be 40 plus. Generation Y Not are women like you who are grabbing life with both hands. Let us know how you rewrite the rules at woman@timeinc.com or go to facebook.com/womanmagazine

WORDS: FAITH BLEASDALE, FAITHBLEASDALE.COM

I beat incurable cancer...with GREEN TEA

After a devastating diagnosis, Sam Corti didn't think she'd survive. But weeks later she was cancer-free. Here, she tells her incredible story

To watch me tucking into my lunch – a tofu salad, washed down with a cup of green tea – you might think me a victim of the latest fad diet. Only I'm not trying to shift that stubborn half a stone, nor am I in search of a glowing complexion. The truth is rather more sobering. I've been drinking green tea since the day my doctor told me I had incurable cancer. And now I've never been healthier.

I haven't always been this way. Before the diagnosis that changed my life, I drank coffee like it was water and thought nothing of tucking into a slice of cake before midday. I was happily married to my husband Mick and with two young boys, Joseph and Nathan, there was always something sugary in the house.

But while my diet could have been heathier, when it came to cancer, I thought I knew better. A scare in my twenties meant that I never missed a smear test

and I booked a doctor's appointment for every suspicious symptom. So when I started getting aches in my stomach, like period pain, for weeks on end, I went straight to my GP. She told me to take painkillers before sending me away. But, convinced I needed a second opinion, I returned. 'It's probably fibroids,' the doctor began, 'But I'll refer you for some tests to be sure.'

When a simple test led on to a biopsy, CT and MRI scans, I was anxious. Two weeks later, as I sat in a consultation room with Mick by my side, a doctor told us the news I'd been dreading for 20 years. I had cervical cancer. It was grade four. And there was a 50% chance that I would die.

I was so numb I couldn't cry. As I held Mick's hand the doctor explained that the tumour had wrapped itself around my bladder and bowel. I'd need a risky operation to remove them both, along with my ovaries and womb, followed by chemo and radiotherapy.

'Mummy isn't well...'

I tried to take it all in. But as he talked, I thought of my sons at home, being looked after by a friend. Hours earlier, I'd been playing with them. Now a stranger was telling me I might not live to see them grow up.

In stunned silence, Mick and I drove home, where I told my little boys – Joseph, then four, and Nathan, three – that their mum had cancer. 'Mummy isn't very well,' I began. 'There's something nasty in my body but the doctors are going to take it out.' Too young to comprehend what I was telling them, they nodded and went back to playing.

With the doctor's words echoing in my mind, I let myself think the worst. Should I write the boys letters? Should I prepare Mick for a life without me? But even as the thoughts entered my mind I knew that wasn't the kind of person I was. I wasn't going to sit at home planning my funeral – I was going to fight this.

Diet discovery

I stayed up all night doing research. I trawled through articles online and devoured books, all in search of something, anything, that could help me survive. Then I read something that made me sit up and take notice. According to one article, in China one in every 100,000 women were diagnosed with breast cancer, compared to one in every 10 women in the UK – all because they followed a different diet. Could it be that something so simple as changing my diet could cure my cancer?

'I FELT I WAS LOSING CONTROL OF MY BODY'

With four weeks until my operation, it had to be worth a try. When I told Mick what I wanted to do, he agreed to follow the new diet with me. And armed with a list of ingredients that were high in antioxidants, I went straight to the supermarket. Instead of filling my trolley with the usual bread and cakes, I stocked up on shitake mushrooms, tofu, broccoli and green tea. And in the weeks that followed, I swapped my morning latte for a cup of green tea, my 11 o'clock cake for a handful of berries and my meaty dinner for a stir-fry packed with vegetables.

Every time I felt tempted to have a sugar hit, I thought of the tumour growing inside me and I'd make a cup of green tea instead. I vowed to do all I could to put goodness into my body.

Still, as the date of the gruelling, 11-hour operation approached, I felt like I was losing all control of my body. Attending appointments and signing consent forms, it was as if I was on the cancer treadmill, with no way to get off.

I could cope with losing my womb and my ovaries – I adored my boys and I had no desire to have any more children – but losing my bladder and bowel, I'd need to wear a colostomy bag. 'You'll still be the same person,' Mick reassured me. But I felt like cancer was stealing my identity.

When the day of the surgery arrived, in November 2009, I kissed Mick and the boys goodbye and doctors wheeled me down into theatre. When I awoke, groggy and confused, I felt my body for the colostomy bag I'd dreaded. But I couldn't find it. 'Where is it? What went wrong' I asked my doctor, panic rising inside me. 'It couldn't have gone better,' he replied. 'We got the tumour out. And it turns out you don't need a colostomy bag after all...'

I listened, confused, as he explained to me that the tumour had shrunk so dramatically, the operation that should have taken 11 hours had taken just three. They'd removed the tumour along with nine lymph nodes and the cancer that was grade four had been reduced to a grade one classification. 'You're very lucky,' he said.

I was stunned. Weeks earlier I'd been told I might not survive. Now doctors were telling me that I was going to be fine. Was it really just down to good luck, like the doctors believed? Or had my changed diet and green tea had something to do with it?

Five days later, I was discharged and after a month of daily radiotherapy and weekly chemotherapy, I was free to get back to my life. But while the relief was overwhelming, I was still in shock. In the space of four months I'd gone from being a healthy mum-of-two to a terminal cancer patient and back again. And I was terrified the cancer was going to return. So, I kept up with my new regime.

Helping strangers

Maybe I could never prove that I fought off my cancer with green tea, and my doctors were certainly sceptical, but if I could save one person from going through what I went through, it would be worth it.

In December 2010, I set up a website – tea4life.co.uk – and started selling tea to people all over the country. I didn't know what to expect, but as I shared my story of survival, strangers began to contact me with theirs, too.

Now, five years on, I'm in remission. And I haven't just survived, I've thrived. While there was once a time when I wondered if I'd live to see my boys grow up, now I'm waiting at the school gate every day and reading them a story each night.

Of course, if the worst was to happen again, I'd never turn my back on conventional medical treatment. But knowing I'm giving myself the best possible chance of staying healthy, I feel like, finally, I'm back in control.

*** See Sam's website at tea4life.co.uk**

Mick and Sam with their boys Nathan and Joseph

WORDS: NIKKI OSMAN. PHOTOS: JASON BYE/ DAILY MAIL/SOLO SYDICATION

Dress, £149, sizes 8-16, Mint Velvet
Coat, £95, sizes 6-18, River Island
Earrings, £6.50 for set of 6, and
sunglasses, £12, both Dorothy Perkins
Shoes, £79, Jones Bootmaker
Clutch, £45, J by Jasper Conran at Debenhams

Return to RETRO

Nostalgia is filling the air this season... it's all about the 1960s

FASHION DIRECTOR: **CAROLINE BAXTER**

Say hello to your new spring staple – the tunic shift

Dress, £39.99, sizes 8-18, H&M
Necklace, £29.99, Zara
Bag, £45, Benetton
Ring, £15, Accessorise

Top, £32, sizes 6-18, Oasis
Coat, £49.99, sizes 8-18, H&M
Trousers, £30, sizes 6-22, Next
Ring, £5, Allusions at BHS
Earrings, £6.50, Dorothy Perkins

1960s STYLE TIPS

* Accessories are key. Go for chunky collar necklaces and embellished clutches to complete your look.
* Swap killer stilettos for a comfy block heel. They're styled best with a simple shift or slim capris.
* Tunic tops and dresses not only hide a multit1-2ude of sins, they're versatile too. To flatter heavy hips, layer over trousers and leggings.
* It's in the details: ribbons, jewelled necklines and big buckles on shoes add a little luxe to '60s styles.
* Turn up your denims for a tomboy Teddy take on the trend – great if you are petite.

WORDS: LAUREN GOODWIN-GRAFTON. FASHION ASSISTANT: CIGDEM TANRIOGLU. HAIR: JULIE REED AT CAROL HAYES. MAKE-UP: LICA FENSOME USING BARE MINERALS. MODEL: JANOUK AT MODELS1

Mix and match androgynous pieces with this effortless daytime outfit

Top, £29.99, sizes xs-xl, Zara
Jeans, £42, sizes 6-22, Next
Earrings, £8 for set of 6, Next
Bag, £35, J by Jasper Conran and
shoes, £50, Faith, both Debenhams

Classic Breton stripes, £36, sizes 8-18, Wallis

On-trend shirt-dress, £49, sizes 8-20, J by Jasper Conran at Debenhams

Loose tunic, £39.99, sizes xs-l, Zara

Animal magic, £45, sizes 4-16, Topshop

Casual denim, £14, sizes 8-24, George at Asda

12 day dresses with SLEEVES

FROM £14

Ease yourself into new-season dressing with a chic and flattering day dress

Bold print, £14.99, sizes 6-20, H&M

Floral explosion, £95, sizes 8-18, Ghost

Hidden shapewear, £30, sizes 6-20, F&F

Fit and flare, £69, sizes 6-20, Phase Eight

Cinched, £45, sizes 8-22, Betty Jackson.Black at Debenhams

Belted, £57, sizes 8-20, Myleene Klass at Littlewoods

Feminine shift, £59, sizes 6-20, Autograph at M&S

STYLING AND WORDS LAUREN GOODWIN-GRAFTON

Team with cropped jeans,
£69.95, Moda in Pelle

Pretty dancing shoes,
£35, Faith at Debenhams

Monochrome magic,
£85, French Connection

Team with an A-line skirt for a
grown-up summer look, £99, Boden

Smart enough for the
office, £29.99, Zara

High-shine metallic,
£55, Clarks

Get the *POINT*

PERFECT FOR PARTIES

Meet your new wardrobe staple this season – the posh pointy flat!

WORDS AND STYLING: BECKY JOINER-O'RIORDAN. PHOTOS: PIXELEYES

MAISON MARGIELA

GIAMBATTISTA VALLI

From catwalk to celeb... to you! This trend is easier to pull together than you think

YOU CAN DO...

Oriental

Blossom prints, obi belts, silky satins and kimonos take centre stage for an exotic spring

Hannah, 35, a mum-of-one from Ascot, never thought she'd pull off culottes. 'This is a different look for me but I love the flattering shapes and silky textures,' she says.

Blouse, £36, sizes xs-xl, Wallis
Culottes, £39.99, sizes 8-16, H&M
Shoes, £100, Kurt Geiger
Clutch, £25, Accessorize
Earrings, £5, Dorothy Perkins
Bracelet, £12.50, M&S

Working the trend like a pro, Kate Moss shows us how it's done!

Work oriental into evening wear like Cate Blanchett

Diane Kruger goes head to toe in pretty prints

Check out our WEBSITE *for celeb style steals on the high street*
WOMANMAGAZINE.CO.UK/FASHION

Hot BUYS

Skirt, £22, sizes 6-22, Next

Wrap top, £39, sizes 8-20, Red Herring at Debenhams

Trousers, £40, sizes 6-16, Topshop

TOP MAKE-UP TIP

Tie your beauty look in with muted pastels by going for soft purple eyes and dusky pink lips. Try Bourjois Rouge Edition Velvet lipstick in Don't Pink Of It, £8.99.

Bag, £25, F&F at Tesco

Necklace, £10, Accessorize

Jacket, £29.99, sizes 8-18, H&M

Dress, £50, sizes 8-16, closet clothing.co.uk

Blouse, £32, sizes xs-xl, Wallis

Shoes, £39.99, Zara

The Yes You Can Tricks

1. Mix clean tailored pieces with statement oriental separates for the right mix of plain and printed.
2. Look for silky or satin fabrics to give your look a luxe finish.
3. It's all in the sleeves! Go for a kimono with structured arms or a blouse with loose sleeves to nail the look. This is a body-con-free zone!
4. Invest in a wide obi belt to complete your look.

5 OF THE BEST... WIDE BELTS

Buckle up in a belt around your kimono or coat

£12, Littlewoods

£25, House of Fraser

£15, Asos

£12.99, H&M

£14, Dorothy Perkins

STYLIST AND WORDS: RACHEL BASSETT. STYLIST'S ASSISTANT: JEMMA BRAHAM. PHOTOGRAPHER: TAFF MANTON. ADDITIONAL PHOTOS: GETTY, PA IMAGES, REX. BEAUTY WORDS: SARAH MACRAE. HAIR AND MAKE-UP: JO MCKENNA USING BOURJOIS

The brow youth-over

Keep them polished, pampered and in proportion, to take years off

WORDS AND STYLING: **JESS HENLEY** PHOTOGRAPHY: **ELISE DUMONTET**

Your brows should frame your face, not be the main event,' says brow guru Shavata. 'If someone actually comments on your brows, then you've gone too far. They should look at your face and think you look great, but not be able to pinpoint why.

BUILD UP YOUR BROWS

1 If you want to add a bit more definition, lightly feather in a brow pencil in the same direction your hair grows.

2 For something a bit stronger, try a brow wax or gel like Stila Stay All Day Brow Gel, £28 (available in five shades), with a fine, firm brush.

3 To fill in gaps, go for brow extensions. False brows are glued in to give a natural, full finish (Build-A-Brow, from £30, blinkbrowbar.com).

4 If your brows are sparse, try semi-permanent make-up. A tattooing technique feathers hairs in (£600, shavata.co.uk).

ILLUSTRATIONS: MAXIM SAVVA

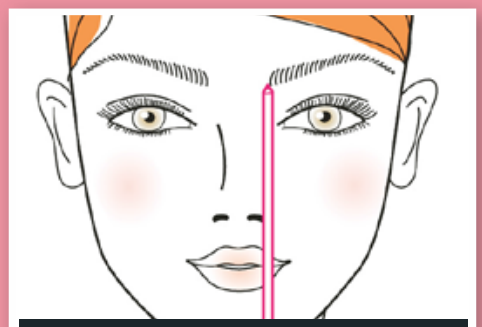
WATCH OUT

DON'T have too much of a gap in the middle. It'll make your eyes seem too wide apart.

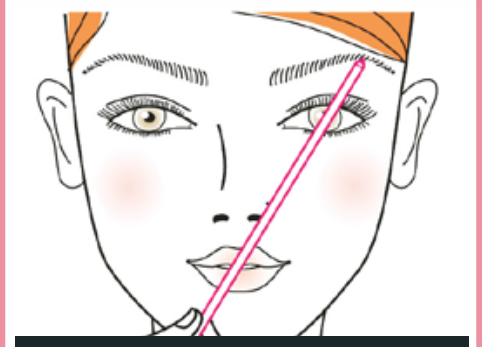
DO get your brows done professionally, even if it's only once every six months, to get the perfect shape.

STAY IN SHAPE

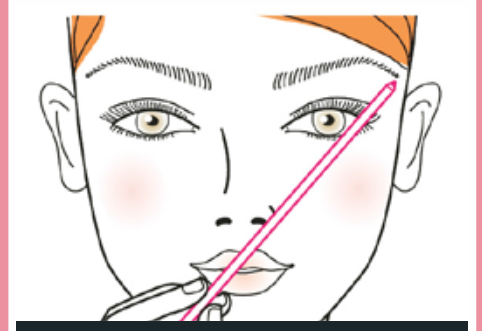
Use the length of a pencil for guidance.



The start of your brow should be directly above the edge of your nostril.



The arch of your brow should be in line with your nostril and middle of your iris.



The brow end should be in line with your nose, diagonal to the outside of your eye.

COLOUR RULES

* **Blonde hair** Go one shade darker.
* **Dark hair** Go one shade lighter.
* **Dark eyes** Wear darker eyebrows.
* **Light eyes** Keep them soft.

BOOK IN: Benefit Brow Bar, from £11.50 (benefitcosmetics.co.uk)

AT HOME: Colorsport 30 Day Mascara Dark Brown Eyelash & Brow Dye Kit, £8.25

ULTIMATE BROW KIT

* Pencil – to lightly build up brows. Maybelline Brow Satin Eyebrow Pencil, £5.99 * Powder – for more intense coverage. Silk Fibre Brow Enhancer, £19.99 * Brow gel – to keep strays in place. Sleek Brow Perfector in Clear, £4.99 * Tweezers – to pluck out any strays. Tweezerman Neon in Spot On Mini Slant Tweezer, £14.95 * Stencils – get the perfect shape. Shavata Stencil Kit, £13.50

TOP TIP

GOING BOLD with your brows? Keep the rest of your make-up to a minimum so they stand out. Ramping up your make-up? Go lighter on your brows **IT'S EASIER** to study your face in a photo than in a mirror, so take a selfie and check your brows

Lip loves

Spring is here, and with it comes a whole lot of new treats to prettify your pout...

Non-stick

Rimmel Oh My Gloss! Lip Gloss in Ooh La La, £5.49, is shiny without any stickiness – a rare find in lipglosses.

Lip stain

Tap **Laura Mercier Paint Wash Liquid Lip Colour in Orchid Pink, £22,** on to lips to create a stain effect that lasts for hours.

Shine-free

Gloss-phobic? Try **Revolution Lip Cream in Not One for Playing Games, £3,** which leaves a matte finish without feeling dry.

Lasting

For a gloss with staying power, look to **Clinique Long Last Glosswear in Sweet Tooth, £16,** with 13 juicy new shades.

Subtle

The pale and interesting **NARS Guyane Lip Gloss, £19,** is a great lip pick if you're going for heavy eye make-up.

Transformer

Give your favourite lippy some shine with a quick slick of **bareMinerals Marvelous Moxie Cream Glaze Topcoat, £16.**

WORDS AND STYLING: SARAH MACRAE
PHOTO: FULL STOP PHOTOGRAPHY

Thank you for making me a mum

Because of two strangers, Elena and Miranda are celebrating this Mother's Day

YOU CARRIED MY BABY FOR NINE MONTHS

Elena Fineberg, 39, lives in Cambridge with her husband Adrian and two-month-old son Morgan.

Holding my friend Krissy's hand as baby Morgan came into the world, I welled up. But although Krissy was the one who had just given birth, I was so emotional because it was *my* son she'd delivered.

My husband Adrian and I had spent 10 tortuous years trying for a baby. But in 2008 I lost a fallopian tube after an ectopic pregnancy, leaving me infertile.

I tried to accept that I wasn't meant to be a mum, but the ache to have a child was huge. The mere sight of a woman pushing a pram could send me into a meltdown.

Running out of options, in 2012, we approached Surrogacy UK, who helped us find Krissy, a 31-year-old mum-of-four.

She invited us to her house to meet her. As we chatted, Krissy explained how she'd been so lucky with her own family, she wanted to help others.

We emailed back and forth and, on 30 November, we signed the agreement to go ahead. Adrian and I dug into our savings to pay the £3,700 needed for the IVF.

Sobs of joy

In April 2014, I sat beside Krissy, watching on the ultrasound as two embryos – from donor eggs and Adrian's sperm – were placed inside her.

Two weeks later, I got a text from Krissy. It was a picture of a positive pregnancy test and I sobbed with joy. After a scan revealed we were expecting a boy, we all went out together and bought little blue babygros. And, as her bump grew, so did our friendship.

On 11 January 2015, Krissy went into labour. Hearing her struggle through each contraction, it reinforced the magnitude of what she was doing. But as she watched me hold my baby the first time, the look in Krissy's eyes said it all: I was his mum.

Two months on, Morgan is a gorgeous boy who makes me smile every day. Every time I hold him I'm reminded of how selfless Krissy is. She's amazing.

Krissy, 33, from Dudley says: 'I'd donated eggs before and surrogacy seemed the next natural step. I just I wanted another woman to have that experience of being a mum. I never thought of Morgan as my baby. Elena's his mum. I just helped.'

*** surrogacyuk.org.**

Elena and two-month old son, Morgan

STYLING: ELENA: DRESS, SCARLETT & JO AT EVANS, SHOES, NEW LOOK. BRACELET, FREEDOM AT TOPSHOP. KRISSY: DRESS, KALEIDOSCOPE, TIGHTS, CHARNOS; SHOES, NEW LOOK. MORGAN: BABYGRO, PATACHOU

YOUR ACUPUNCTURE STOPPED ME MISCARRYING

Miranda de Freston, 36, lives in Kenilworth with her partner Phil, 37 and nine-month-old Emily

I'd always dreamed of being a mum, but in 2010, tests showed my partner Phil had a low sperm count and we'd need IVF.

Over the following months, I visited Jacqui, a counsellor and acupuncturist whose details I'd found online.

Sadly, the first round of IVF ended in a miscarriage. The second time around, I got pregnant with twins but I lost the first baby early on. Then, I woke in a pool of blood at 16 weeks – I'd lost the other too. While the physical pain subsided, the crippling grief didn't.

I was given a blood test and it revealed I had a blood-clotting disorder called Hughes Syndrome that causes miscarriages. Jacqui suggested acupuncture with electrical stimulation to help the blood flow around my body. I read it could boost my chances of conception by 65%. Later that week, I lay on the bed as she inserted needles into my back – little pinpricks on my skin.

Two months in, I successfully conceived. Getting past that terrifying 16-week mark felt like a major milestone and with every day that passed, my anxiety ebbed away. Still, I kept visiting Jacqui once a week. Her treatment relaxed me and made me feel I was doing everything I could to keep my baby safe.

When Emily was born on 5 June 2014, tiny at just 5lb 8oz, Jacqui was one of the first people we texted. After five long years of heartbreak, we'd finally done it and I know it was down to Jacqui.

And, nine months on, as Mother's Day comes round, I've got a reason to celebrate.

Jacqui Hurst, 55, from Coventry, says: 'I felt such empathy towards Miranda. I wanted to make a difference. I'm so glad to have made such a special friend.'

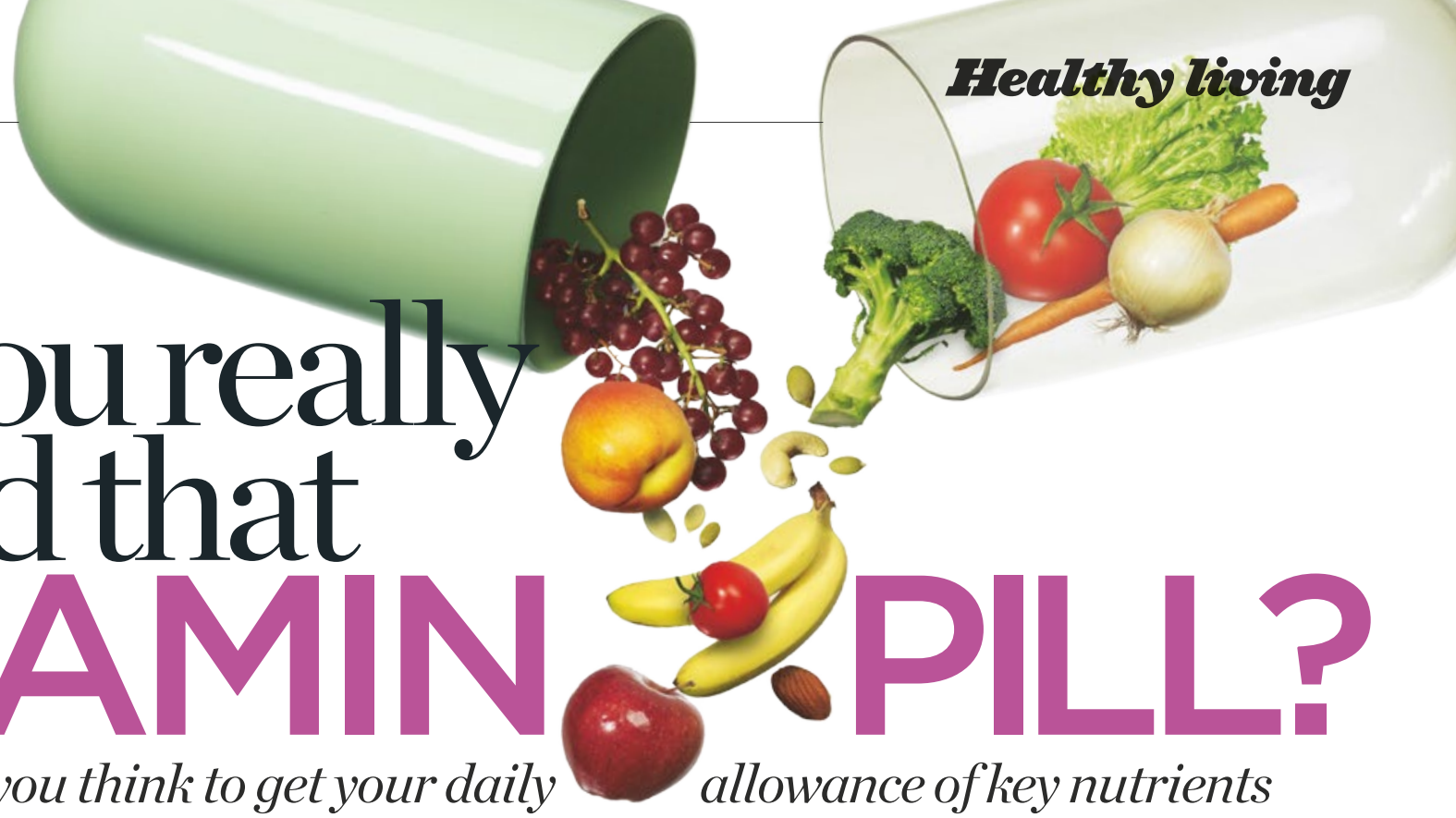
*** fertility-support.co.uk**

THE CELEBS WHO HAD A LITTLE HELP...

*** When Caprice, now 43, was told she couldn't conceive, she and partner Ty Comfort decided to find a surrogate. Then, after learning her surrogate had a baby on the way, Caprice fell pregnant herself. In August 2013 her surrogate gave birth to Jax, and she had Jett a month later.**

*** When 37-year-old *EastEnders* star Jo Joyner and her husband Neil Madden struggled to conceive, they tried IVF. And it worked as Jo fell pregnant with twins Edie and Freddie, now five.**

WORDS: ALISON PALMER & UNITY BLOTT. PHOTOS: ALAN DAVIDSON. PHOTOSHOT. STYLING: SHARON AGRICOLE. HAIR & MAKE-UP: RACHEL JONES, @ TERRI MANDUCA, SHERRIE . WARWICK. CLOTHES: MIRANDA: PRINT DRESS, HENRY HOLLAND FOR DEBENHAMS, EARRINGS, DEBENHAMS, SHOES, NEW LOOK, BELT, JOHN LEWIS, BRACELET, ALLUSIONS @ BHS. JACQUI: DRESS, SIMPLY BE, BRACELET, ALLUSIONS@ BHS, SHOES, NEW LOOK. EMILY: PLAYSUIT, WHIMSIGIRL. GO TO: JHACU.CO.UK



Do you really need that VITAMIN PILL?

It's easier than you think to get your daily allowance of key nutrients

The majority of healthy adults should be able to get enough vitamins and minerals to keep their bodies healthy and active by eating a balanced and varied diet, and spending time in the sunshine,' says dietician Helen Bond. So why do so many of us fail to achieve this these days? Well, according to a recent National Diet and Nutrition Survey, we're still consuming far too much saturated fat, added sugars and high doses of salt, and not enough fresh fruit, vegetables, oily fish and fibre. And this can leave people at risk of serious health problems.

Popping pills all the time is not always the answer, though. 'Food supplements can temporarily help bridge the gap, but they're not a substitute for a healthy diet,' warns Bond. Aside from the essential vitamins and minerals, food also provides us with necessary amounts of fibre and antioxidants.

VITAMIN A

* 50g steamed carrots
GOOD FOR vision, skin, growth, immune system and fertility

VITAMIN B2

* 2 eggs, 2 Weetabix with 125ml semi-skimmed milk
GOOD FOR healthy skin and energy

VITAMINS B6 AND B12

* 1 cup of plain yogurt and a banana
GOOD FOR blood, nerves and immune system function

VITAMIN C

* 1 kiwi and a glass of orange juice
GOOD FOR improving immunity, bone strength, skin, joints, healing and iron absorption

VITAMIN D

* 85g salmon
GOOD FOR regulating calcium levels, keeping bones strong, keeping your heart and nervous system healthy

VITAMIN E

* 1 cup of raw broccoli and 50g almonds
GOOD FOR protecting cell membranes, improving healing and fertility

CALCIUM

* A glass of milk and 1 serving of fresh spinach
GOOD FOR increasing bone and teeth strength, and muscle health (including your heart)

IRON

* A large spinach salad, a cup of lentil soup and a small serving of red meat
GOOD FOR producing red blood cells to carry oxygen around your body

MAGNESIUM

* 2 slices of wholemeal bread, 1 cup of boiled spinach, 1 cup of lentils and 2 shredded wheat
GOOD FOR blood pressure, regulating blood sugar levels and maintaining normal muscle and nerve function

When to say YES to supplements

WHAT Vitamin B12
WHO Vegans
WHY B12 is only found in animal products

WHAT Vitamin D
WHO Children (six months to five years old), women trying to conceive, or who are pregnant or breastfeeding, adults aged 65 or over, people with darker skin
WHY Healthy bone development

WHAT Folic acid
WHO Women trying to conceive and those who are in their first 12 weeks of pregnancy
WHY Reduces the risk of neural tube birth defects

When to say NO

WHAT Vitamin A
WHO Pregnant women
WHY Large amounts can be harmful to the unborn baby

WHAT Vitamin C
WHO Diabetics
WHY Can affect your blood sugar levels

WHAT Vitamin E
WHO People with cardiovascular disease
WHY Can increase the risk of further heart attacks

Taken from the latest issue of *Fit & Well*, on sale now for £1.99.

WORDS: NATALIA LUBOMIRSKI. PHOTOS: GETTY, ISTOCKPHOTO.COM

LOSE WEIGHT IN JUST 12 minutes (a week)

Love food, hate dieting and loathe exercising? A new book could help you slim without the slog

HOW IT WORKS

Dr Michael Spira, a leading UK obesity expert, has written an amazing book that can help you lose weight and get fitter by combining just 12 minutes of high-intensity interval training (HIIT) a week with a simple eating plan that doesn't involve any of the usual calorie counting, banning of carbs or fasting. *The 12 Minute Weight Loss Plan* (£12.99, Piatkus) promises you quick results and to keep you on track once you've reached your goal.

It all works because of a two-phase eating plan – the 'orientation' stage gets you to focus on the foods that will help you drop weight more quickly and the 'continuation' phase is a maintenance plan you should try to follow for the rest of your life. Instead of cutting out food groups like other plans, Dr Spira recommends swapping your usual foods for the right combination of 'smart' carbs, fats and proteins, so you can fire up your metabolism and get faster weight-loss results.

WHY HIIT?

One of the main reasons we can't shift weight is because a part of the brain called the hypothalamus can become inflamed due to a poor diet. This inflammation reduces our sensitivity to leptin, a hormone that plays a crucial role in appetite and weight control, making us more likely to store fat. HIIT's been proven to reduce this inflammation. Conventional exercise uses just 40% of muscles, but HIIT uses 80% to rev up weight loss. And because it drastically raises the metabolic rate, even when you stop exercising, you continue burning calories.

The grapefruit factor

Eating half a grapefruit before a meal can lower insulin levels. In turn, this makes us less sensitive to sugar, keeping cravings at bay and helping us to use sugar as energy more effectively. If it's too sharp, add a little artificial sweetener.

THE HIIT PLAN

It takes just 12 minutes a week to burn the same amount of calories that you would work off doing half an hour of aerobic exercise. You should split the three four-minute sessions over seven days, allowing for a 48-hour break in between. Running, cycling, swimming and stair climbing can all be worked into a HIIT plan but Dr Spira's high-energy exercises (see box, right) are simple to do anywhere.

WARM UP 30 seconds of gentle jogging to increase heart rate
HIIT EXERCISE 1 20 seconds of star jumps. Make sure you land on the balls of your feet
GENTLE EXERCISE 10 seconds of marching on the spot
HIIT EXERCISE 2 20 seconds of high knees. Run on the spot, picking up your knees as high as you can
GENTLE EXERCISE 10 seconds
HIIT EXERCISE 3 20 seconds of lunges. Make sure you keep your hips over your knee and alternate legs
GENTLE EXERCISE 10 seconds
HIIT EXERCISE 4 20 seconds of deep squats
GENTLE EXERCISE 10 seconds
HIIT EXERCISE 5 20 seconds of press-ups. Try these on your knees until you build up your strength
GENTLE EXERCISE 10 seconds
HIIT EXERCISE 6 20 seconds of crunches. As you come up and out of the crunch, spread your arms out to the sides and keep your feet off the ground
GENTLE EXERCISE 10 seconds
COOL DOWN Bring your heart rate down by slowly marching on the spot

Half a grapefruit before meals helps balance insulin levels

Snack on a celery stick with low-fat cottage cheese

You can have as much mixed green salad as you want

3-DAY SAMPLE PLAN

DAY 1

BREAKFAST
Half a grapefruit (optional); a glass of water; an egg poached in water with a splash of vinegar; 2 rashers of grilled lean back bacon and tea or decaf coffee (with optional skimmed milk and sweetener, but no sugar)
MORNING SNACK
A glass of water and 5 Brazil nuts or 25g flaxseeds/sesame seeds (if you wish, use seeds as alternatives to nuts throughout the plan)
LUNCH
Half a grapefruit (optional); a glass of water and 4tbsp cottage cheese, sprinkled with 2 chopped dried apricots
AFTERNOON SNACK
A glass of water and a bowl of cherries or berries
DINNER
Half a grapefruit (optional); a glass of water; Herbed Mustardy Chicken* served with green veg; plain low-fat yogurt and tea or decaf coffee (with optional skimmed milk and sweetener)

DAY 2

BREAKFAST
Half a grapefruit (optional); a glass of water; low-fat fruit yogurt and tea or decaf coffee (with optional skimmed milk and sweetener, but no sugar)
MORNING SNACK
A glass of water and a celery stick stuffed with any low-fat cheese, such as cottage cheese or The Laughing Cow Light cheese
LUNCH
Half a grapefruit (optional); a glass of water and as much mixed green salad as you want
AFTERNOON SNACK
A glass of water and 8 cashew nuts
DINNER
Half a grapefruit (optional); a glass of water; a glass of tomato juice; Pork Medallions with Apricots* served with green vegetables; Ricotta Cheese Dessert* or plain low-fat yogurt or a small bowl of cherries or berries and tea or decaf coffee (with optional skimmed milk and sweetener)

DAY 3

BREAKFAST
Half a grapefruit (optional); a glass of water; an omelette made with 2 eggs; 2 rashers of grilled lean back bacon and tea or decaf coffee (with optional skimmed milk and sweetener, but no sugar)
MORNING SNACK
A glass of water and 10 unsalted peanuts
LUNCH
Half a grapefruit (optional); a glass of water; 75g lean diced ham and as much mixed green salad as you want
AFTERNOON SNACK
A glass of water and a celery stick with houmous
DINNER
Half a grapefruit (optional); a glass of water; a glass of tomato juice; Spiced Turkey with Courgettes*; Ricotta Cheese Dessert* or plain low-fat yogurt or a small bowl of cherries or berries and tea or decaf coffee (with optional skimmed milk and sweetener)

Snack list

Choose two a day from the following:
- Slice of low-fat cheese
- Piece of fresh fruit
- 4 dried apricots
- 8 walnuts
- Small tub houmous with celery
- 1 oat cake
- 10 unsalted peanuts

WORDS: ABBY KNIGHT. PHOTOS: ISTOCKPHOTO.COM, SUPERSTOCK, JUMP. *FIND MORE RECIPES AND THE FULL PLAN IN *THE 12 MINUTE WEIGHT LOSS PLAN* BY DR MICHAEL SPIRA (£12.99, PIATKUS), AVAILABLE NOW FROM AMAZON.CO.UK AND ALL GOOD BOOKSHOPS

Suzie Hayman has trained with Relate and been a counsellor for 20 years

Ask Suzie...

Having problems with your nearest and dearest? Solve your dilemmas with Suzie's expert advice

Why did my mum abandon me?

My sister and I were mainly brought up by our grandparents, who were kind and loving. I'm grateful they gave us such a good childhood and that they are still there for us, even though we now have children of our own. But what still bothers me is that we've never had answers from our mum to the simple question of why she abandoned us when I was three and my sister was five. She lived quite near us but we seldom saw her – and when we did, all I can remember are arguments. I've tried asking her about it on the rare occasions we're together now, but she launches into a tirade about how we don't understand her and what a hard time she's had. She seems oblivious to the impact it had on our childhood – our grandparents were marvellous, but it hurts knowing our mum couldn't, or wouldn't, care for us.

Suzie says:

In order for us to set bad memories aside and move on, we often need an explanation and an apology. Just an acknowledgment of how tough it must have been for you would help. But it sounds like your mother is unable to give you this. She might be evading the issue because she doesn't want to face up to the pain she's caused – or perhaps she's so deeply in denial that she can't recognise your feelings. I suspect she either had mental-health or substance-abuse issues. Either way, it sounds to me like the very problems that made her unable to look after you make her unable to face up to it and apologise. It means you and your sister will have to resolve this yourselves. Try writing down your story and your feelings and then burn the papers. As it goes up in smoke you can imagine it disappearing. Then you can let go.

Should I use social media to vent about work?

For over a year I've been in my job and I've hated every day. My boss is a tyrant, most of the other employees are bullies and we're expected to work at least an hour extra each day with no overtime or time off in lieu. The good news is I've found another job and I'm planning to hand in my notice next week. My sister thinks I should post something on social media about what an awful place it is to work to warn other people. I'm tempted, but do you think this is a good idea?

Suzie says:

No, it isn't. What if something happened to jeopardise your new job? What if your old boss saw the post and decided to sue? What if your new employer saw the post and decided you're a troublemaker? Social media can be fun and useful, but you need to be aware of the risks and drawbacks. One negative is that just about anything you put online is searchable and can therefore be found by anyone. Another is that it lasts. Instead, vent your anger to your friends and consider whether you might have done better. Could you have refused to work unpaid or reported the bullies? After you've done this, leave it at that and focus on your bright future.

Our estate is a mess

The community I've lived in for years is a small estate. It's always been kept neat and tidy and I love it. The council swept the roads and kept the place looking nice. But now, thanks to the cuts, that's all changed. There's litter everywhere and the few bins that remain are always overflowing. I know everyone in our street has complained to the council but all we get are excuses.

Suzie says:

Well, you could ask to have your council-tax rates put up so the council has the money to do it. But there's a cheaper option. If everyone in your street has complained, it means all of you are active and interested in your community – so why not call a meeting and suggest that instead of paying the council to tidy your area you do the job yourselves?

I'm sure you have parents or grandparents who remember washing their own front steps and brushing the street outside their homes. Litter is often dropped by people who don't take pride in their area. Clean up and you'll get less refuse, more satisfaction and a community you can enjoy again.

I feel like life is passing me by

Lately, it seems like I worry about anything and everything. And at 56, I feel life is passing me by. My husband hasn't had the best luck with his health, but he has a good attitude and deals with things. But that doesn't stop me fretting. My doctor's prescribed me medication for anxiety, which seems to be helping a bit, but I feel like I'm in a rut. What can I do to feel better?

Suzie says:

When our grandparents were your age, it might have been time to reach for the slippers. But these days, 56-year-old women are marathon runners, chief executives and fashion icons. You could live at least another 30 happy, productive and healthy years, so this isn't the time to give up. It's not surprising, nor is it something to feel bad about, that life has knocked the stuffing out of you. What you need is someone to help you understand these feelings. A counsellor can help you address your disappointments so you can make changes for a better present and future. If your GP can't help, visit bacp.co.uk.

WRITE TO SUZIE * BY EMAIL: Send an email to Suzie with your personal problem at asksuzie@timeinc.com
*** BY POST:** Family Dilemmas, *Woman*, Blue Fin Building, 110 Southwark Street, London SE1 0SU.

SUZIE REGRETS SHE CANNOT ANSWER QUESTIONS PERSONALLY

Healthy... but days later I couldn't walk

Chloe Metson was diagnosed with MS at 18, but she won't let it control her life

Chloe is determined to lead a full life

Relapses often confine Chloe to a wheelchair

Sometimes I feel like I'm two different people. Most of the time I'm a busy mum dropping my daughter Elisabeth, three, off at nursery, or getting ready to paint and draw with her when she's home. I'm fun-loving, independent, and my husband Simon always jokes that I'm juggling five things at once. But then there's the other me.

Almost overnight, I can become wheelchair-bound, unable to use my legs or hands properly, or even shower on my own.

I was 18 and studying for my A levels when I woke up one morning with tingling feet. At first I assumed my socks were too tight, but the pins and needles feeling soon spread up my legs. By the evening, they felt completely numb.

Mum, who'd been a nurse in her twenties, insisted on calling a doctor to the house and he sent me straight to hospital. After being examined, I was admitted on to a ward for an MRI scan and a lumbar puncture, where fluid was taken from my spine to test.

But within a few days I couldn't walk. And, stuck in a wheelchair, I was terrified. I couldn't understand how this could be happening. Then we got the results.

'It looks like you have relapse remitting multiple sclerosis,' said the doctor. He went on to explain that it meant that just like 'typical' MS, which affects the nerves in the brain and spinal cord, I would have problems with my movement, balance and vision. But I'd have flare-ups, which could last months, before disappearing.

I was devastated. But after being given steroids, I was back to the old me.

Doing my best to get on with life, I went to university to study film, but the threat of a relapse was always there. I was prescribed the protein beta interferon, which I'd inject daily, and though it helped, I still hated having no control of my body.

'MY OUTLOOK CHANGED'

Desperate to get into the film industry, I worked as a photographer and a film extra, but I felt my MS always held me back. I was convinced I'd never have a family – who would want to subject a child to a life of dealing with this?

Then, in 2006 aged 23, I met Simon. We'd been dating for 18 months, when he saw me relapse for himself. As I waited for the steroids to work, I relied on him to get me dressed and cook. Realising how much we loved each other, the idea of not having a family with him was almost unbearable. So when Elisabeth was born in 2011 I couldn't have been happier.

Of course, being a mum is a full-time job and as a symptom of MS is fatigue, it was a struggle to find the energy to do everything. The older I got the more severe each relapse became. My hands would seize up, speech would slur and I'd be confined to a wheelchair for weeks.

But while my symptoms got worse, my outlook totally changed. I had two options – let MS control me or live life as best as I could. It was an easy decision.

Now 33, I'm getting back into film and am hoping to be a voiceover artist. It might not be quite the life I envisaged, but looking at my family, I feel incredibly lucky.

MS: THE FACTS

* **The protein myelin, which protects the nerves in the brain and spinal cord, becomes damaged. This means it's harder for electrical signals from the brain to travel to the rest of the body.**
* **Visit mstrust.org.uk/sense**

WORDS: KIRA AGASS. PHOTOS: ISTOCKPHOTO.COM

3 WAYS TO BOOST YOUR HEALTH *THIS WEEK*

The scientists have spoken! Try these tips for a healthier life...

Grab a beet

With the equivalent of 30 beetroots, BeetActive Concentrate (£5.99 for 210ml, hollandandbarrett.com) can help lower blood pressure and cholesterol. The 100% concentrate juice can be added to cooking or taken as a drink diluted in water.

Give blood

Helping others can reduce stress, say scientists. Start by giving blood – you could save three lives. Visit blood.co.uk or call 0300 123 2323.

Be like Popeye

As many as 91% of us aren't getting our recommended daily amount of iron. Help boost yours with Spatone (£9.25 for 28 sachets). The natural iron supplement helps maintain energy levels and oxygen efficiency. AD

I 'bought' my fiancé ONLINE

We're all guilty of it, I suppose – logging on to the home computer to while away a few hours browsing for things to buy online. Some people might call it procrastinating or write it off as time wasted and, sometimes, perhaps it is. As for me, I credit my time spent scouring my local buy and sell website for one of the best things that's happened in my life. For it was there that I found the man who will, this summer, become my husband.

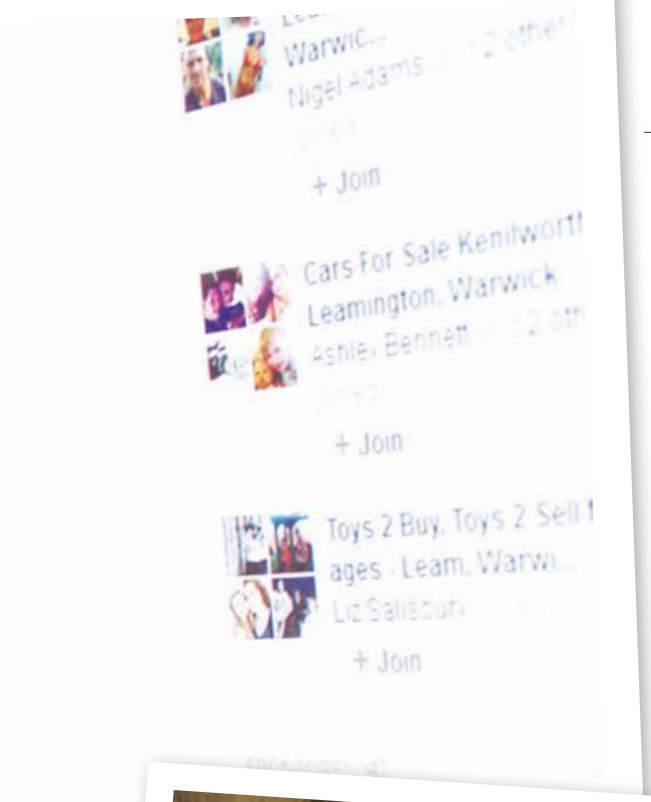
I haven't always been so lucky in love – far from it. After falling pregnant, aged 20, with my son Ashley in 1992, my relationship with his father fell apart. And while I coped as a single mum, when I met Mark*, I thought everything was falling into place. Just months after meeting, he proposed and when I found I was pregnant once again, I couldn't wait to be a mum-of-two.

Second time unlucky

Daniel was born in March 1999, but it wasn't long before I realised being with Mark was a terrible mistake. Our relationship, once happy, turned bitter. But it was another six years before I finally found the courage to leave.

Together with Ashley, then 13, and Daniel, five, I made a fresh start. And determined to find a lasting love, I began to date again. It was then, I met Andrew*.

With hindsight I realise I was wrong to rush into something new. But I was taken in by his charm. By the time I realised he wasn't Mr Right, I was already six months pregnant with our daughter. Reeling from my last brush with a man who was wrong for me, even so I knew I could cope alone. By the time Phoebe was born, in November 2007, I was a single mum once again.



Richard and Beckie with two of her children, Ashley and Phoebe

Single mum Beckie Bennett had all but given up on love when she stumbled upon an advert that would change her life

Exhausted and weary over love, I resigned myself to staying single. I had a lot to be thankful for – three healthy, happy children and a family who loved me. And I was content to spend my days focusing on the kids.

I did just that. They might have had different dads, but the children were so close, and I loved our little unit. Whenever anyone attempted to set me up with people or suggested I went online, I told them what I told the children: I was fine on my own. And as the kids grew older, I had more time for myself. With Ashley old enough to look after his brother and sister, I found the time to catch up with friends for dinner or weekends away.

By May 2014, I was preparing for Ashley, then 22, to fly the nest and move into a place of his own, when I found myself logging on to a local buy and sell site.

In search of some bargains to furnish his new flat, I scrolled, absent-mindedly, down the page. It was then that something caught my eye. It was just another advert – only it wasn't for a sofa or a teapot. 'Man for sale,' it read. 'Free to a good home...'

I had no intention of meeting someone new – and least of all online. But his post brought a smile to my face. His name was Richard and he was certainly attractive. Laughing to myself, I typed, 'Do you wash, clean the house and drive?' No matter that I was a grown woman in my forties, as I pressed send, my heart raced.

Seconds later, he replied, 'All of the above'. I could barely believe what I was doing – flirting with a stranger who'd put himself up for sale. And yet, for the first time in years, I felt excited about the prospect of a relationship.

Moments later, I saw a message pop up in my inbox, and I held my breath. It was Richard. 'How's this for spontaneity?' he wrote. 'Would you like to meet for a drink?' He was certainly bold. But I felt cautious. I'd been burned too many times to be so carefree.

'HE MADE ME FEEL EXCITED AND SAFE AT THE SAME TIME'

Moment of madness

Politely, I told him I was a single mum to three children, so I couldn't be quite so spontaneous. I wondered whether I'd even hear from him again. But my revelation did little to deter him. 'Why don't we meet tomorrow, instead?' he said.

Call it a moment of madness, but I agreed, and suggested meeting him at the local pub the following night. I knew the staff well and, just to be safe, I told Ashley where I was going and what time I'd be home. Leaving the younger two with him, I headed out.

I was more than a little sceptical when I caught the eye of the stranger waiting outside the pub. But as Richard introduced himself, I quickly realised he wasn't the kind of man I'd expected to find. Far from being arrogant, he seemed humbled that I'd gone to the trouble of meeting him. And with his broad shoulders, tall frame and auburn hair, he was every bit as good looking as his profile picture suggested.

From that moment, the date only got better. Laughing over how we came to meet, the conversation flowed. And as Richard opened up to me about his childhood, his work and his family, I couldn't believe how much we had in common. I was brought up on a farm, while he worked as a farmer, we'd both been married once before and had children, and we knew the same people who lived locally. We'd even been at the same places and parties, crossing paths more times than we could count. It might have taken a buy-and-sell ad for us to meet – but it felt like fate.

Torment of being apart

When finally, the time came to say goodbye, I didn't want the night to end. Summoning the courage, I asked, 'When can we do this again?' My heart raced as I waited for his reply. 'Tomorrow,' he said.

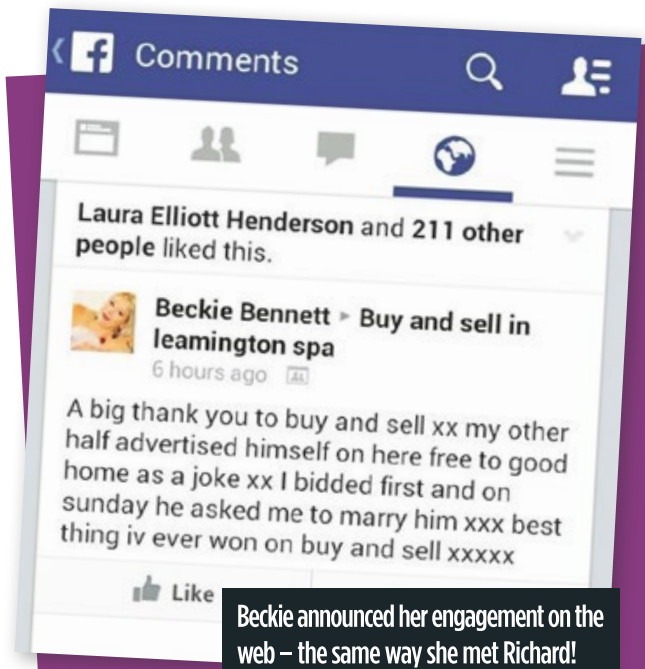
The weeks that followed were among the most perfect of my life. Being with Richard felt like nothing I'd ever known before. He made me feel excited and safe all at once. He met the children, my mum and became a near-permanent fixture in our home.

A month into our relationship, I went on a holiday with a friend. I couldn't bear to be apart from Richard, so we texted, Skyped and spoke every day. I missed him terribly, and he must have felt the same way, because four days into the trip he sent me a text. 'Will you marry me?' he wrote. I was stunned. I was desperate to say yes, but I couldn't believe he'd asked me via text. 'You'll have to do better than that...' I told him. And he did.

Back home, he presented me with a stunning sapphire ring. As I opened the box I screamed 'Yes!' before he had a chance to even ask the question.

This August, we're having the big white wedding I've always dreamed about, and I don't doubt that the circumstances of how we met will make it into the speeches.

I can barely believe that after two decades of disappointment and heartbreak, I'm marrying a man who tried to sell himself online. I'm just glad I snapped him up. Because now, I'm marrying my best friend, and I'm finally getting the happy ever after I deserve.



Beckie announced her engagement on the web – the same way she met Richard!

WORDS: DANIELLE HOFFMAN AND NIKKI OSMAN PHOTOS: JOHNSTON PRESS. *NAMES HAVE BEEN CHANGED

Healthy Meal MAKEOVERS

Try Food Ed Felicity's speedy, delicious and nutritious dishes tonight!

Health booster
Chia seeds are full of omega-3 as well as protein, fibre, zinc and calcium. From supermarkets

Vegetable tagine

Tagines are traditionally made with meat and veg, but this is SO tasty you won't miss the meat! Our healthier option removes all the saturated fat and it's filling and great value too.

SERVES 6 PREP 10 MINS COOK 35 MINS

- 2tbsp rapeseed oil
- 2 red onions, chopped
- 3 garlic cloves, crushed
- 2tsp rose harissa paste
- 400g canned tomatoes
- 600ml vegetable stock
- 500g sweet potatoes, cubed
- 500g squash, deseeded and cubed
- 125g aubergine, chopped
- 1 red pepper, deseeded and chopped
- 400g can chickpeas, drained
- 150g spinach leaves
- 2tbsp coriander, optional
- 2tbsp chia seeds, optional

1 Heat oven to 180˚C, Gas 4. Heat the oil in a large flameproof casserole and fry onions for a few mins to soften. Add the garlic and harissa and cook for 1 min.

2 Pour in the canned tomatoes and vegetable stock, then tip in the sweet potatoes, squash, aubergine and pepper. Bring to the boil, and cook in the oven for 25 mins.

3 Tip in the chickpeas and spinach and return to the oven for 5 mins. Serve sprinkled with coriander leaves and chia seeds, if you like.

Per serving: 258 cals, 7g fat, (1g saturated), 40g carbs

Salmon and kale lasagne

A superfood supper bursting with nutrients.

SERVES 6 PREP 20 MINS
COOK 40 MINS

- 2 leeks, washed and sliced
- 2tbsp olive oil
- 500g skinless salmon fillet
- Juice and zest of 1 lemon
- 250g chopped kale
- 3 garlic cloves, crushed
- 200g fresh lasagne sheets
- 4 x 250g quark
- 25g basil
- 4tbsp skimmed milk
- 25g grated Parmesan

1 Heat oven to 200˚C, Gas 6. Put the leeks into a roasting tin, sprinkle with oil, and cook for 10 mins. Arrange salmon on top, sprinkle over juice and zest. Cook for 7 mins.

2 Put the kale into a large bowl with garlic and 3tbsp water, cover with cling film, pierce a few times and microwave on high for 4 mins. Drain and season.

3 Boil water in a frying pan and cook 2 sheets of lasagne at a time for a few mins to soften. Spread out on a tray.

4 Put the quark into a processor with the basil and blitz to combine. Season.

5 Grease a 1ltr dish, spread over one third of the quark, top with a layer of lasagne, then salmon and leeks, lasagne and kale. Repeat.

6 Mix the milk into the last third of the quark. Spoon over final layer of lasagne and sprinkle with Parmesan. Cook for 30 mins until golden. Serve.

Per serving: 424 cals, 16.5g fat, (3.4g sats), 25g carbs

Moneysaver
Switch the fresh salmon for 418g can of drained pink salmon

FEATURE, RECIPES AND STYLING: FELICITY BARNUM-BOBB
PHOTOS: CHRIS ALACK PROPS: SUE RADCLIFFE

It's your WEEKEND

Kristin Scott Thomas at her haughty best

Going out

Lucile (Michelle Williams) eyes up the enemy – and she likes what she sees...

The ONE *great film*

SUITE FRANCAISE

WHO? Kristin Scott Thomas, Ruth Wilson, Harriet Walter, Michelle Williams.
WHAT? Set in 1940s France, the story follows Lucile Angellier, awaiting news from her husband, a prisoner of war, while leading a stifled existence with her domineering mother-in-law (Scott Thomas). But their life is turned upside down when a regiment of German soldiers take up residence in the village and Lucile finds herself irresistibly drawn to the dashing soldier Bruno von Falk (Matthias Schoenaerts).
WHY? For the nostalgia and romance of a meaty World War II drama.
WHY NOT? If you prefer fast-paced films with plenty of action.
VERDICT: Hauntingly beautiful. Packed with emotion and suspense.
OUT 13 MARCH ★★★★

My weekend top 5

Alex Polizzi

WATCHING
Friday is movie night with my daughter Olga, six – we watch things like *Hook* and *Frozen*. The weekend is when my husband Marcus and I watch blockbusters like *American Hustle*.

LISTENING
I'm very much a product of my time, the 1980s and 1990s, so I love Absolute and Magic. I'm a Fleetwood Mac girl through and through!

GOOGLING
Working with a lot of boys in TV means loads of silly arguments, which I solve on Google. Did you know George Foreman has five sons, all called George? It's true!

READING
Everyone's been raving about *The Fault In Our Stars*, and I can see why teenagers loved it.

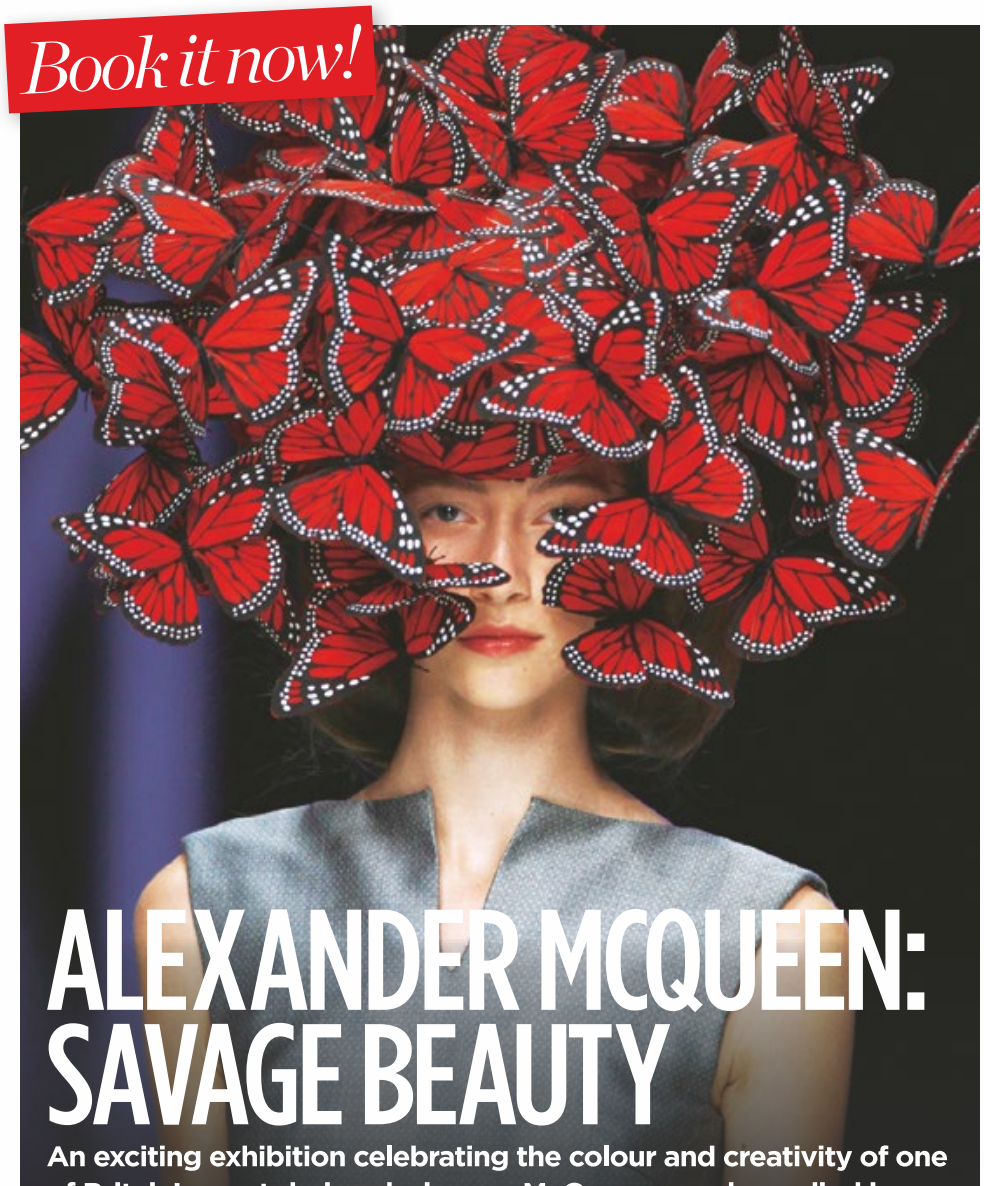
EATING
We eat out near our home in Clapham and Battersea, or we'll have people over for a roast.

* ***Alex Polizzi For Hire*** **is on BBC2, 10 March**

You'll find Alex curled up on the sofa with her little girl on Friday nights

All you need to make it a great one

Book it now!



ALEXANDER MCQUEEN: SAVAGE BEAUTY

An exciting exhibition celebrating the colour and creativity of one of Britain's most daring designers. McQueen may have died in 2010, but his sparkling spirit is alive in his collections, dramatically restaged to mirror his infamous runway shows. V&A museum, 14 March – 2 August 2015, tickets from £17.50, see vam.ac.uk

DADDY MCGUINNESS UK STAND-UP TOUR

The *Take Me Out* star is returning to this comedy roots, bringing his Bolton banter to a venue near you. The cheeky chappie will share his stories on being a first time dad and will have you in stitches. **28 Sep 2015 – 27 Feb 2016, tickets from £19.25, ticketmaster.co.uk**

ARTISAN CHEESE FAIR 2015

Put a spring in your step with a day in Melton Mowbray, where the town famous for its pork pies will showcase some 200 cheeses from specialist makers across the UK. It's a grand day out to get your taste buds singing! **2-3 May, 10am-4pm, tickets £2, see artisancheesefair.co.uk**

Great days out

MOTHER'S DAY TEAS

Take Mum out for a treat on 15 March

SKY HIGH

1 SPINNAKER TOWER, PORTSMOUTH

Tuck into sandwiches, pastries and scones at this 170m tall attraction in the heart of Portsmouth Harbour. **Prices:** from £55 for two people (including admission). **Visit: spinnakertower.co.uk**

CORNISH COAST

2 CAERHAYS ESTATE, CORNWALL

The Magnolia Tea Rooms are set within the beautiful grounds of Caerhays castle. Cakes, finger sandwiches and butter scones served with traditional Cornish clotted cream and jam await. **Prices:** from £25 for two. **Visit: caerhays.co.uk**

COUNTRY VIEWS

3 JESMOND DENE HOUSE, NEWCASTLE

Enjoy an afternoon of luxury while looking out over the gorgeous gardens and wooded valley of Jesmond Dene. Alternatively, enjoy an afternoon tea with a free glass of champagne and a gift for mum. **Prices:** from £34 per person. **Visit: jesmonddenehouse.co.uk**

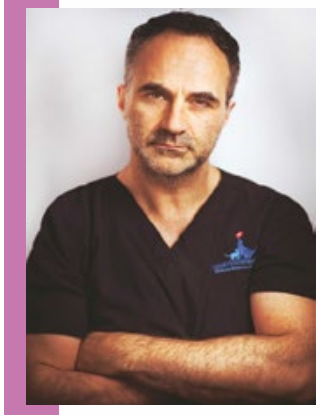
WORDS: CHLOE THOMAS AND LAUREN HUGHES. PHOTOS: FAMOUS

Staying in Well, who doesn't like a ni

What to record next week

MIDLAND HOTEL: QUEEN OF THE NORTH
THUR, C5

This series follows day-to-day life at Manchester's most iconic hotel. From the ladies who lunch, to Man United fans, the world and his wife pass through its doors.



THE SUPERVET
TUE, C4

Britain's sickest pets and their owners are given fresh hope as the 'bionic vet' and his crack veterinary team use cutting-edge techniques to nurse the poorly animals back to health.

RAISED BY WOLVES
MON, C4

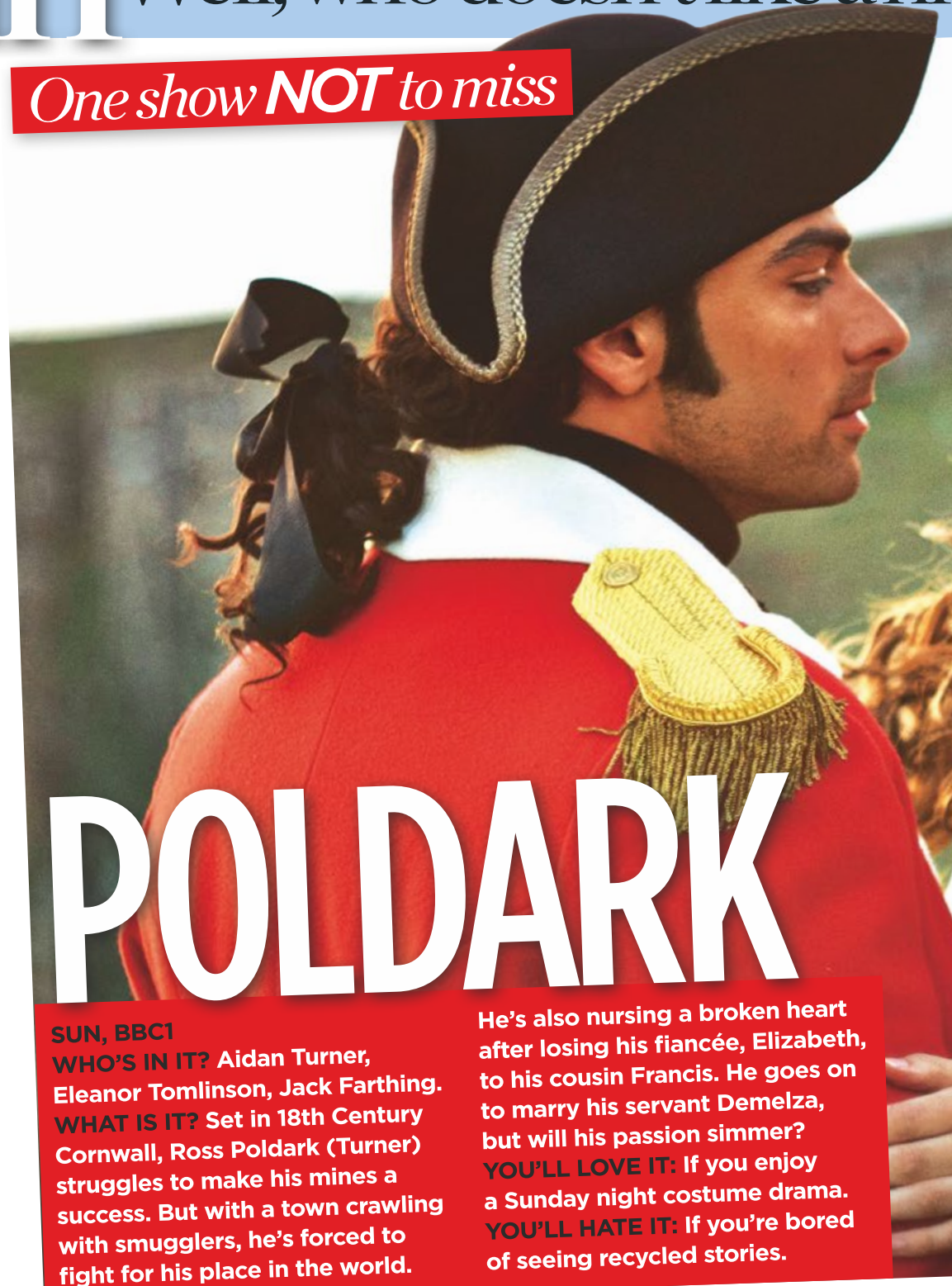
Comedy by Caitlin Moran and sister Caroline, based on the childhood of the writer, who was raised on a Wolverhampton council estate with no money, lots of kids and a home education.

THE ONE DVD

WOLF HALL
OUT NOW

Clear an afternoon to enjoy Hilary's Mantel's gripping series, starring Damian Lewis as Henry VIII and Mark Rylance as right-hand man Thomas Cromwell. Includes extra footage.

One show NOT to miss



POLDARK

SUN, BBC1

WHO'S IN IT? Aidan Turner, Eleanor Tomlinson, Jack Farthing.

WHAT IS IT? Set in 18th Century Cornwall, Ross Poldark (Turner) struggles to make his mines a success. But with a town crawling with smugglers, he's forced to fight for his place in the world. He's also nursing a broken heart after losing his fiancée, Elizabeth, to his cousin Francis. He goes on to marry his servant Demelza, but will his passion simmer?

YOU'LL LOVE IT: If you enjoy a Sunday night costume drama.

YOU'LL HATE IT: If you're bored of seeing recycled stories.

SIX STAR SECRETS *CHARLOTTE BELLAMY*

1 **I'm obsessed with spin classes – I go four times a week.**

2 I'd love to deliver a baby. Midwives are incredible people.

3 **The best present I ever got was my KitchenAid for my 40th.**

4 My worst present was from my husband's brother. It was so awful we went home via the tip.

5 **When I travelled round Italy in my teens we had a great party on the beach. It was unforgettable.**

6 I once went to an audition where I had to be an alien.

*** *Charlotte plays Laurel Thomas in* Emmerdale, *weeknights on ITV***

Charlotte loves spin classes, but doesn't like all her presents

ght on the sofa?

Turn to p70 for our interview with Aidan Turner

Poldark and fiancée Elizabeth, who breaks his heart

WATCH IT ON CATCH-UP TV

Mary Portas: Secret Shopper

4oD

Mary sprinkles her magic on the high street again as she goes in search of the best and worst customer service, putting some of retail's biggest giants to the test.

DCI Banks

ITV player

Stephen Tompkinson reprises his role in the new series, which explores his relationship with his parents, his on/off romance with Annie and a personal crisis that threatens his career.

My favourite apps

ARIEL KAPLAN

Tumblr

'I only recently got this app but I'm all over social media.'

VSCO Cam

'This is a fantastic photo editing app. It has some beautiful effects and you can crop photos.'

*** *Ariel stars in* Neighbours *on weekdays on Channel 5***

Don't tell anyone...

Which geeky television actor's marriage is rumoured to be on the rocks?

Soap's big scene

CORONATION STREET

DON'T MISS IT!

Michael is approached by the real Gavin on his wedding day, who makes a dig about Michael's son. Gavin then pays Gail a visit and introduces himself. He explains that Andy staged the mugging but didn't have enough cash to buy him off. Gail offers him the money in a bid to to keep him quiet, but, worried that the shock will kill Michael, she races to the register office. Will she make it in time?

Steph is at Andy's side for 'dad' Michael's big day

AND THE BEST OF THE REST

EMMERDALE April mistakenly drinks some vodka thinking it's juice and sends Laurel into a panic, who rushes her to hospital. Meanwhile, Andy sleeps with Tracy and decides to move in.

EASTENDERS Shabnam is worried about her future, and makes a dramatic decision about her relationship. Meanwhile, Billy receives some surprising news.

WORDS: CHLOE THOMAS. PHOTOS: ALPHA

LOOK WHAT WE'VE SORTED FOR YOU!

Two FREE hot chocolates at Cafe Thorntons!

Treat yourself and a friend – plus get £5 off at Thorntons*

Thorntons has been making delicious chocolate since 1911, special toffee since 1925 and melt-in-the-mouth fudge since 1960, and now, 25 of Thorntons' high-street stores have their own cafes, where you can enjoy their chocolatey treats. You even get a free chocolate with every hot drink. So we've teamed up with Cafe Thorntons to give you and a friend a fantastic hot chocolate absolutely free. Its signature Hot Chocolate contains nothing other than milk and divine Thorntons chocolate – the ultimate winter's day pick-me-up.

What's more, Thorntons is a great place to stock up on Mother's Day treats. So if you're still looking for that perfect present, use our £5-off coupon* when you spend over £25 at Thorntons high-street stores.

*** To find your nearest Thorntons Cafe or high-street store, go to thorntons.co.uk**

2 fantastic offers from Thorntons!

HOW TO CLAIM:

For your two free hot chocolates – one for you and one for a friend – just take the coupon below left to a Thorntons store with a Cafe Thorntons.

Plus cut out the coupon below right and take it to your nearest Thorntons high-street store to claim your £5 off when you spend over £25.

Both coupons are valid 3-28 March 2015.

2 free regular hot chocolates

One for you and one for a friend! At Cafe Thorntons

Terms and conditions: This voucher entitles the bearer to two free regular hot chocolates. Voucher valid for one transaction only. Not available in supermarkets or online. Only one voucher per transaction. Voucher can only be used once during the valid period. This offer is valid 3-28 March 2015, and is subject to availability. Thorntons reserves the right to withdraw this offer at any time. Voucher is non-transferable and is worth £0.0001p. Photocopied, damaged or defaced vouchers will not be accepted. Excludes Whitley Bay and Bridlington Cafe locations.

woman Thorntons Cafe

£5 off

When you spend £25 or more! At Thorntons

Terms and conditions: *£5 off when you spend £25 is available in Thorntons stores only. Not available in supermarkets or online. Only one voucher to be used per customer per transaction but can be used multiple times during the specified time period. This offer is valid for multiple use between 3-28 March 2015 and is subject to availability. Thorntons reserves the right to withdraw this offer at any time. This offer applies to all Thorntons products excluding stamps and gift vouchers. Voucher is non-transferable and is worth £0.0001p. Photocopied, damaged or defaced vouchers will not be accepted. Offer valid against confectionery purchases only.

woman Thorntons Cafe

Food for the weekend

You have the time, so indulge yourself...

...Buy this

NO TIME TO BAKE A CAKE?

Pick up the perfect treat for Mum during your weekly shop

Rose Sponge Cake, £12, Waitrose
A beautifully decorated cake that almost looks too good to eat.

Daffodil Madeira Cake, £12, M&S
All-butter sponge filled with buttercream and raspberry jam, soft icing and topped with royal icing flowers.

Truly Irresistible Lemon Rose Cake, £5, The Co-operative
A light vanilla sponge filled with lemon buttercream with handpiped buttercream roses.

Fiona Cairns Cupcakes, £5 for six, Waitrose
Perfect with a lovely cuppa.

FAB FIZZ

Head to Morrisons for delicious bubbly at a great price.

* **G.H. Mumm Cordon Rouge Champagne** Usually £33.49 – on offer until 15th March for just £20.
* **Morrisons M Signature Vintage Cava Rosado**, 2013 – just £6.99.

PERFECT FOR MOTHER'S DAY

Make this...

CHOC-RASPBERRY LAYER CAKE

SERVES **16** ***PREP*** **1 HOUR**
COOK **25 MINS**

* **225g Stork**
* **475g golden caster sugar**
* **5 large egg whites**
* **425g self-raising flour, sifted**
* **300ml milk**
* **1tbsp vanilla extract**
* **Few drops pink food colouring**
* **50g cocoa powder, sifted**
* **350ml double cream**
* **350g plain chocolate, cubed**
* **200g raspberries**
* **Chocolate curls**

1 Heat oven to 180°C, Gas 4. Grease and line 3 x 23cm spring form tins. Put the Stork, sugar, egg whites, flour, milk and vanilla into a large bowl. Mix with an electric mixer until smooth.
2 Divide the mixture equally between 3 bowls. Fold the pink food colouring into the first. Fold the cocoa into the second until well combined. The third bowl needs no additions.
3 Transfer each mixture into a prepared cake tin and bake for 25 mins until a skewer inserted into the centre comes out clean. Cool.
4 Warm the cream until boiling, reduce heat, stir in chocolate and melt. Remove from heat.
5 Split each cake in half horizontally using a long, serrated knife. Place a layer of chocolate sponge on a plate and spread with ganache, top with a layer of pink sponge and ganache, then vanilla sponge and ganache. Repeat with rest of sponge. Cover with remaining ganache. Decorate with raspberries and choc curls.

Per serving: 536 calories, 28g fat (18g saturated), 69g carbohydrate

COMPILED BY FELICITY BARNUM-BOBB
PHOTOS: TIMEINCUKCONTENT.COM

SUPERMARKET deals

Our Food Editor Felicity tracks down this week's supermarket best buys...

FOR DELICIOUS IDEAS & RECIPES, visit our WEBSITE WOMANMAGAZINE.CO.UK

Get it before it goes!

Nothing makes even a simple cake look more inviting than showing it off on a stand. And I love this one from Sainsbury's because it has a beautiful dome cover to guarantee the cake stays fresh for longer. Sainsbury's In Bloom Etched Mini Cake Dome. **Was £15, now just £11.25!** Find it at sainsburys.co.uk

TESCO FINEST SAUSAGES 2 FOR £5–USUALLY £3 EACH

SAUSAGE AND SQUASH BAKE

Beef up your bangers with vegetables and beans to make an easy, wholesome supper. Roast 8 sausages, 350g butternut squash and 1 sliced red onion at 200°C, Gas 6 for 30 mins. Add 400g can tomatoes, 100ml balsamic vinegar, 400g can drained cannellini beans and some rosemary. Cook for another further 15 mins.

DISCOUNTED DRINKS

Co-op has got a great promotion with one-third off bottles of booze. Pick up a fab fizz, Valdo Prosecco Treviso Doc Extra Dry, 75cl, **£6.99,** or light, dry, white Monte Giove Pinot Grigio Chardonnay, **just £4.99.**

SUPER STIR-FRIES

WOK A GREAT IDEA!

Loving this deal from M&S – buy all 3 for £6. Pick your meat – Chicken Strips, £4 for 250g, then cook the Mushroom Stir Fry, 400g, £1.49, and Fine Egg Noodles, 275g, £1, with the Sweet Chilli Sauce, 120g, £1, in a hot pan and serve.

2 x 150g raspberries, £3, Morrisons

3 BEST BUYS TO THROW IN THE TROLLEY

BRING HOME THE BACON

From Tesco
Smoked Wiltshire Cure Back Bacon, **usually £3, now 2 for £5.** A variety of cuts to choose from.

PASTA PRONTO

From Co-op
Buy 1 Loved By Us Filled Pasta, 400g, and 1 Loved by Us Pasta Sauce, 300g, **£4.** Different flavours available.

BEAUTIFUL BISCUITS

From Aldi
Extremely Irresistible Belgian Biscuit Selection, **just £2.99** – a huge box of top-quality biscuits at a brilliant price.

OH-SO-EASY TRIFLE

Put an amaretti biscuit into the base of 4 glasses, pour 1tsp limoncello on to each. Take a 500g carton of custard, divide between the glasses. Spoon 1tbsp crème fraîche on to each. Whizz 200g raspberries with 2tbsp icing sugar and divide between glasses. Top with 1tbsp crème fraîche, 1tbsp lemon curd, flaked almonds and a raspberry.

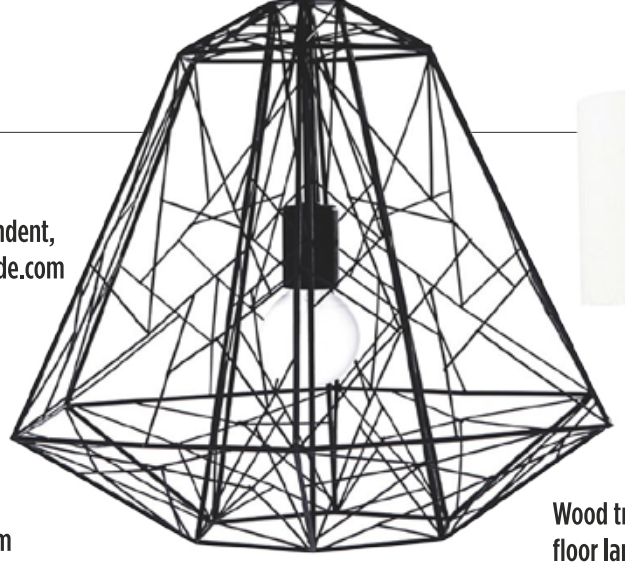
COMPILED BY FELICITY BARNUM-BOBB. PHOTOS: TIMEINCUKCONTENT.COM. ALL PRICES ARE CORRECT AT THE TIME OF GOING TO PRESS BUT ARE SUBJECT TO CHANGE AND AVAILABILITY

Back to BLACK

Simple and eye-catching - mix black and white for a modern, stylish look

Nayoko sideboard, £749, Geometric metal candlestick, £15, Cyprus floor lamp, £299, Kuro sofa in Malva graphite, £849, Geisha cushion, £15, Loen dark armchair in limit weave charcoal, £649, Geometric Pom Pom cushion, £25, Conran Kitson coffee table, £299, Knitted pouffe, £89, Spotted Kilim rug, £169, all M&S.

Hive pendent, £99, Made.com



Personalised prints, £22, Letterfest.com

Wood tripod floor lamp, £119.99, Homebase

Karlsson pictogram wall clock, £24.95, KiwiFunk.com

Lever arm table lamp, £23.99, Dunelm

Striped bulb vase, £35, House of Fraser

Black and white pattern bone effect frame, £15, Sainsbury's

Monochrome cushion, £15 Sainsbury's

Varese cushion cover, £4.49, Dunelm

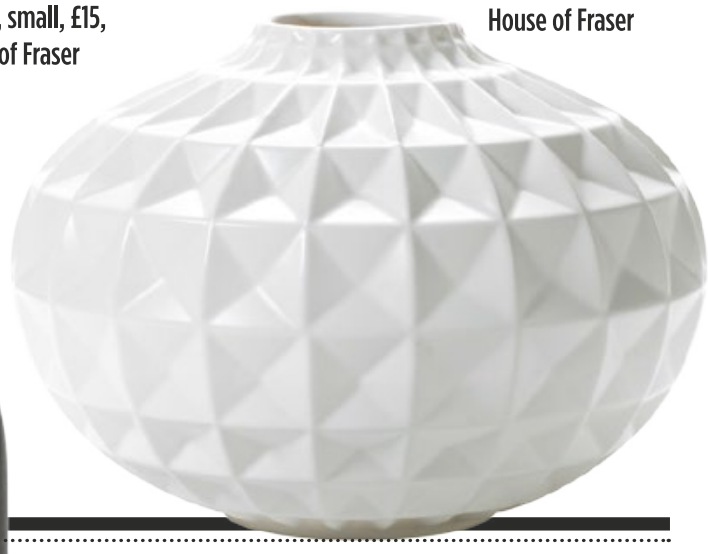
Lotus glass tealight holders, £11 for 3, AtNumber67.co.uk

Newbury black armchairs, £250 for pair, Next

Wire bowl, £45, House of Fraser

Dome alarm clock, £30, Aspace.co.uk

Wooden candlesticks, small, £15, medium, £20, House of Fraser



Cream facet vase, £30, House of Fraser

Chalk Cottage Collection sausage dog, £12.99, Dunelm Mill

COMPILED BY GEMMA BROOKS

Books & puzzles

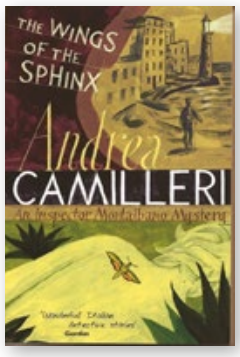
Liz Johnson read *Festive In Death* by J D Robb, paperback £7.19, ebook £9.49 (Piatkus)

In this bestselling futuristic crime series, Lieutenant Eve Dallas, survivor of an abusive childhood, is a prickly character with emotional baggage. But she got lucky: she's married to charismatic Irish billionaire Roarke. So after a hard day on the streets of New York, she goes home to a sexy husband and a luxurious mansion. Eve's a good cop, too, as this tale of a murdered personal trainer and a trail of needy female suspects, set during Christmas 2061, shows. But it's Eve's personal life that's really gripping.

*** Do you love to read? See womanmagazine.co.uk/books for competitions, and more info about books and authors**

Our verdict: ***

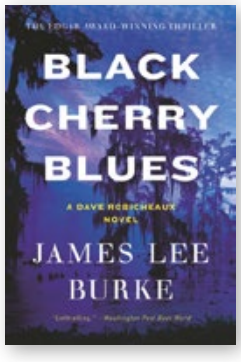
IF YOU LIKED THAT, TRY THESE...



Mafia murders

***The Wings Of The Sphinx* by Andrea Camilleri**

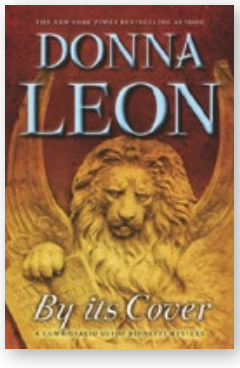
BBC4 series *Inspector Montalbano* is based on Andrea Camilleri's novels. Montalbano is disillusioned after years of mafia murders, but still gets excited by his friend Enzo's cooking, and dotes on long-distance love Livia.



Drama in the Deep South

***Black Cherry Blues* by James Lee Burke**

Troubled ex-cop Dave Robicheaux is reeling from the murder of his wife Annie, Dave is no pussycat, except where his adopted daughter Alafair is concerned. His methods are violent yet this story is rich with the sights and sounds of Louisiana.

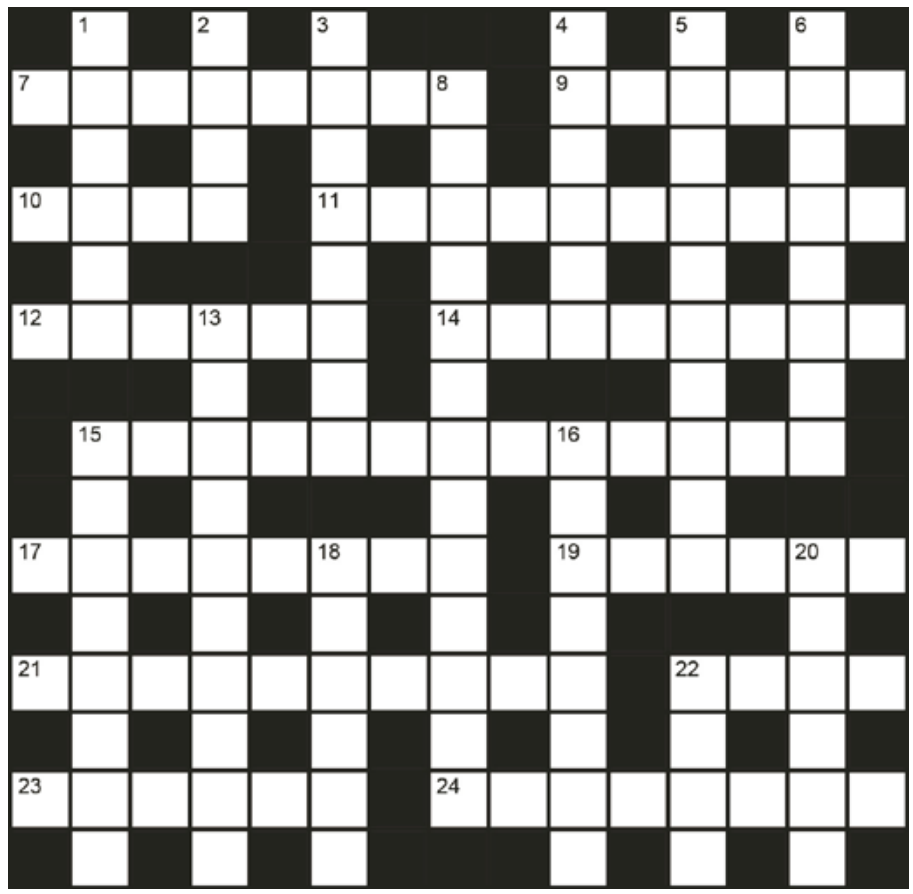


Violence in Venice

***By Its Cover* by Donna Leon**

Commissario Guido Brunetti of the Venice Police Department is thoughtful, introspective and intelligent – he's also happily married. This long-running series follows Brunetti as he probes crime and corruption allowing the author to highlight controversial aspects of modern Venetian life.

TRICKY CROSSWORD!



CROSSWORD COMPILED BY EDDIE WALTHAM, EDDIESPUZZLES@LIVE.CO.UK

LAST WEEK'S TRICKY CROSSWORD ANSWERS ACROSS 7 Bacteria 9 Pardon 10 Pair 11 Government 12 Vacant 14 Rational 15 Determination 17 Gasoline 19 Theirs 21 Department 22 Fact 23 Beaten 24 Tadpole DOWN 1 Banana 2 Star 3 Brighter 4 Spirit 5 Trampoline 6 Fountain 8 Advertisement 13 Astronauts 15 Diameter 16 Altitude 18 Intend 20 Racket 22 Food

ACROSS

7 Organisms. A brace, it turned out (8)
9 Forgiveness. Come again? (6)
10 Fruit, we hear, for a couple (4)
11 Administration never on GMT, oddly (10)
12 Without a single thought, yet available (6)
14 Tailor, an anagram for logical (8)
15 Making up of minds about grit (13)
17 American petrol, or a sloe gin cocktail (8)
19 Belonging to them. It's her problem! (6)
21 Ardent temp employed in this section.... (10)
22 ....with some permanent staff, actually. It's not fiction! (4)
23 Getting lost when hit (6)
24 Top deals arranged for potential croakers (8)

DOWN

1 Fruit found with others in hand (6)
2 Top player takes some of the best articles (4)
3 Right contents of best ever recipe initially. That's more clever! (8)
4 Rum possibly, with vigour (6)
5 Patrolmen I involved to find an exercise frame (10)
6 Source of water in a futon, possibly (8)
8 Promotion determines VAT adjustment (13)
13 People with jobs which are out of this world (10)
15 This measurement merited a change (8)
16 This shows which level you have reached (8)
18 Mean to get a little print endorsed (6)
20 Illegal activity makes noise (6)
22 Some amontillado offers sustenance (4)

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*T&CS APPLY.

Full throttle fun in FLORIDA!

The white-knuckle rides, unforgettable animal encounters and relaxing tropical resorts make Orlando the perfect family-friendly destination

Florida really excels at theme parks. And coupled with the year-round sun, it's easy to see why Orlando has been named as America's most visited city. A staggering 59 million tourists headed to the Sunshine State's centre of fun in 2013 and there's always something new to see.

During a five-night stay, I visited four of the largest attractions – Aquatica, SeaWorld and Discovery Cove in Orlando, and Busch Gardens, an 80-minute drive away in Tampa.

Three... two... one... blast off!

AQUATICA

At this water wonderland park, you can whizz along giant rapids and meet dolphins. But Aquatica's latest ride, an 80ft free-fall water chute called Ihu's Breakaway Falls, is the attraction that's making the biggest splash. My advice is climb the stairs quickly and don't look down. At the top, I stand in one of three glass-fronted pods, facing my two fellow riders. None of us know which pod will be the first to drop. Suddenly, the floor drops beneath me. I hurtle down at a hair-raising 20ft per second. I have no breath to scream with and seconds later I'm splashing about in the pool at the bottom, fizzing with adrenaline.

WORDS: SOPHIE PRYN. PHOTO: ALAMY

WHAT DOES IT COST?

The Discovery Cove Ultimate Package includes one day at Discovery Cove (with dolphin experience, snacks and drinks) plus 14 day unlimited entry to SeaWorld, Busch Gardens and Aquatica. Prices start at £169pp; seaworldparks.co.uk

Get up close and personal with the stingrays

DISCOVERY COVE

After a few action-packed days, it's time to chill out at Discovery Cove, a luxurious oasis of sunloungers and sandy shores in the south-west of Orlando. Swim with dolphins, drift lazily down Wind-Away River or go snorkelling in the Grand Reef. One of its signature activities is SeaVenture, an underwater walk. A helmet with oxygen pumped in through a tube allows you to breathe normally and walk easily along the seabed. The watery world beneath the surface was brimming with life. I came nose to nose with sharks, separated from them only by one reassuring pane of glass, and held a crab while shoals of tropical jewel-coloured fish flickered past me. A truly captivating experience for all.

More info: discoverycove.com

BUSCH GARDENS, TAMPA

For more stomach-flipping rides, this should be the next stop, an 80-minute drive from Orlando on the Interstate 4 motorway. The park's latest ride, Falcon's Fury, drops riders face-down at 60mph – an experience not for the faint-hearted! But if coasters aren't for you then there's still bags of fun to be had.

A Serengeti Safari will delight everyone. On our drive around the African-style plain, we encountered ostriches, rhinos and lions lazing in the sun. We even petted and hand-fed giraffes. As far as close encounters go, with free-roaming African animals, it doesn't get much better.

Woman's Sophie feeds the giraffes at Busch Gardens

Have a go on Falcon's Fury if you're feeling brave!

SEAWORLD

Orlando's SeaWorld combines thrilling roller coasters, like Kraken and Manta, with animal attractions. Antarctica: Empire Of The Penguin is completely family-friendly and allows riders to see life through the eyes of these fascinating creatures. I was signed up to the backstage tour so I even got to hug a very fluffy baby penguin – an experience I'd highly recommend!

For lunch, it has to be Sharks Underwater Grill. The restaurant offers a menu of upmarket dishes from Lobster Bisque to Filet Mignon, as well as kid-friendly options, with main courses from £17. To add to your dining experience, the restaurant shares a wall with the shark tank, offering unparalleled views of the ferocious predators.

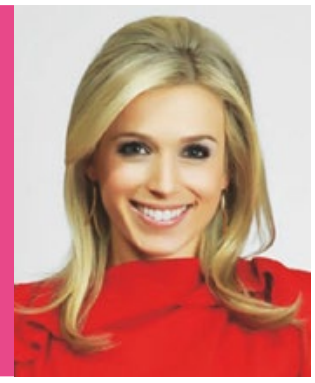
More info: seaworldparks.com/en/seaworld-orlando/

GET ME THERE!

Virgin Holidays offers seven nights in Orlando from £869pp including scheduled flights with Virgin Atlantic from London Gatwick direct to Orlando, room-only accommodation at the DoubleTree by Hilton Orlando at SeaWorld with car hire included. Price is based on two adults travelling and sharing a standard room and includes all taxes and surcharges. Access to the v-room at Gatwick Airport costs from £14; virginholidays.co.uk/0844 557

TECHNO SAVVY

Our expert, Lara Lewington, gives her verdict on the latest innovations to make your life easier. Follow Lara on Twitter @LaraLewington



3 of the best

CLEVER IPHONE COVERS

The coolest cases

Mous Musicase (£19.99, mous.co) Fed up of finding your headphones tangled at the bottom of your bag? This slim cover doubles up as an earphone holder, tidily winding them up at the back. For iPhone 5/5s.

Pickle Pie personalised cover (£25, picklepiegifts.co.uk) No more confusing your iPhone with someone else's... Create your own case by picking things you love and those words will protect your device. For iPhones 4-5.

Tactus Smootch case (£14.99, tactus.com) Taking selfies just got easier as the coating on the back of this cover means you can stick your phone to surfaces including glass and mirrors. For iPhone 6.

GREEN GADGET

Parrot Flower Power (£49.99, parrot.com) Always forgetting to water your plants? This wireless sensor device lives in your plant pot and connects via Bluetooth to an app, sending alerts to your smartphone when you need to water, add fertiliser or repot a plant.

STYLE FILE

View Quest Retro Mini DAB+ Radio and Bluetooth speaker (£59.95, Tesco Direct) Available in a host of colours, these retro-inspired devices provide not only digital and FM radio stations, but they also have Bluetooth connectivity, so you can play music wirelessly.

APP OF THE WEEK

Run The World (free, iTunes) There's no shortage of running apps around, but I find this one easy to use. Set your location and distance goals and it can suggest a running schedule. You can also invite friends to take part in the same routes for added motivation.

TECH TRICK

Need to charge your mobile in a hurry? Switch on 'flight mode' in the settings and your phone will do the job quicker. It's because your device will use up less power as its internal radios aren't trying to connect.

COMING SOON...

Airline Ryanair has announced it's trialling free streaming services on its flights. This summer, passengers on routes to Dublin will be able to watch film and TV channels on their own tablets and phones while on board. If it proves successful, it will be rolled out across the airline in 2016.

PHOTO: ISTOCKPHOTO.COM. ALL PRICES CORRECT AT TIME OF GOING TO PRESS

‘I won £4,031 thanks to WOMAN BINGO!’

Emma Cotterill, 39, treated the whole family after hitting a big jackpot

Home improvements and treating the kids were high on Emma’s list of priorities

Why I love Woman Bingo

‘You can play any time, anywhere! The site is so friendly and members are always swapping jokes and banter. There’s a chat room host called Sven who’s always making people laugh.’

Emma Cotterill, 39, hit the jackpot at just the right time.

I’ve always loved playing bingo. So when I discovered you could play online I was keen to give it a go. I joined a few sites, but *Woman* Bingo really stood out. It’s easy to use and the chat rooms that run alongside the games are so friendly. There are even hosts to look after you.

I’ve been playing *Woman* Bingo for about two years, and my favourite games are Bingo Lounge – a 75-Ball Bingo game – and Snap. I’ve had lots of little wins, which is great. But I’d never dreamed of hitting the jackpot.

Recently, I settled down on the sofa with the telly on and a cup of tea. My three kids, aged 14, four and 18 months were all in bed, so I logged in to my *Woman* Bingo account and bought 10 tickets for Bingo Lounge at 10p each. Then I popped over into the Snap game. My mind half on the game, half on the TV, I suddenly noticed my account balance was showing over £4,000.

I thought it must be a mistake. So I started clicking the refresh button on my computer, over and over. But every time my balance stayed the same. To my shock, I really had won a whopping £4,031! But it wasn’t in the Snap room, which I’d been looking at – I’d won on Bingo Lounge, which I’d logged out of. No wonder I couldn’t fathom where my win had come from!

How would you enjoy *your* win?

‘I SUDDENLY HAD OVER £4,000 IN MY ACCOUNT’

As the good news started to sink in, I began thinking about what to do with my jackpot. I withdrew my winnings and a few days later my amazing jackpot had transferred to my bank account.

Special family time

After lots of thinking about what to do with the money, I decided to have a sparkling new kitchen floor laid to replace my tired out old one. I also had plenty left to hit the shops and do a bit of spending on the family. My kids are always so good, I couldn’t wait to treat them to clothes and toys. I hosted a lovely dinner for my dad and brother as well. It was so nice to be able to treat my family with lots of extras, so thank you *Woman* Bingo.

I’ve kept on playing online, as I find the games are so much fun and it’s a good way to relax after a hard day in my job as a care assistant. When I joined the site, I never thought I’d hit the jackpot but it was such a lovely feeling. It happened to me, so it could happen to you too!

COULD YOU BE NEXT? TURN THE PAGE FOR AN EXCLUSIVE *WOMAN* BINGO OFFER!

gambleaware.co.uk 18

My five jackpots worth £14,332!'

Tracy Evans, 43, from Essex, has scooped five prizes in three years

The first of three Bingo Lounge jackpot wins

My latest big win came one Sunday when I was doing my hair and make-up, getting ready to go out, but I still had one eye on the computer screen...

Earlier that morning, I'd pre-bought tickets for a few games in the 75-ball Bingo Lounge room on Woman Bingo and I wanted to see how I was doing before heading out.

Tracy and her family had a great trip to Paris

As I glanced at the screen, I saw I only needed two more – 20 and 39 – to win the full house. But better than that, there were still nine ball calls to go to scoop the Progressive Jackpot, which was almost £6,000.

My heart flipped in my chest as number 20 was called out. 'I only need one more,' I thought to myself. 'I could be in with a chance of winning the Progressive Jackpot'.

My husband, David, 41, and our sons, Harry, 12, and eight-year-old Joe were playing downstairs, and I was just applying my lipstick when I heard it – number 39. I turned to the computer and a message popped up on the screen congratulating me on winning the £5,947 jackpot. I felt fantastic!

The most incredible thing is that it wasn't my first jackpot win. I joined *Woman* Bingo over three years ago, after seeing an advert. I used to go to my local bingo hall, but I like the convenience of playing at home. It means I can get on with other things around the house once I've bought my tickets or I'll sit with my laptop while watching TV.

I love the choice of slot and bingo games, and there are always lots of big jackpots up for grabs. I've seen some reach over £1 million – imagine winning that!

I dabble in most of the slots and had a few wins on Double Bubble and Pharaoh's Chamber. I also enjoy Slots Friendzy, where if someone scoops the Progressive Jackpot, everyone else playing at the same time wins a share of the Community Jackpot. This is the same amount as the Progressive – so the jackpot is actually paid out twice. It's how I won two prizes of £835 and £702.

Bingo Favourites

I like the 75-ball games. I've won a £2,503 jackpot in Bingo Lounge, but that wasn't my first jackpot win on that game. My first was £4,346 in 2011 and the second was £2,502 in July 2013.

My wins have paid for lots of lovely extras we wouldn't have splashed out on otherwise. We had a family trip to Paris and I've bought lots of clothes for us all, as well as things for the house and clearing bills.

My friends are always amazed at my luck and my mum even signed up, too, and won a £12,000 jackpot! I'd recommend Woman Bingo to everyone.

IT'S FRIENDLY AND FUN!

TRACY'S FIVE JACKPOT WINS

1. Jan 2014: £5,947 on Bingo Lounge
2. July 2013: £2,502 on Bingo Lounge
3. November 2012: £702 on Slots Friendzy
4. September 2012: £835 on Slots Friendzy
5. December 2011: £4,346 on Bingo Lounge

GRAND TOTAL £14,332

PHOTOS: ISTOCKPHOTO.COM

woman

Bingo.com!

GET £35 TO PLAY*

when you deposit £10

NOT A MEMBER YET?
DON'T MISS OUT!

HOW TO CLAIM

1. Visit **womanbingo.com**
2. Join, entering promo code **WOMANG11**
3. Deposit £10 and **get £35 to play with.** That's a £25 welcome bonus!

Offer ends 30 April 2015

Terms & conditions: New customers only. Registration required. Minimum £10 deposit. 18+ UK only Valid until 30 April 2015. You must enter the code WOMANG11 on registration and accept the Welcome Bonus when you deposit £10 to receive £35 bonus to play. 250% Welcome Bonus – max £100. Bonus must be wagered twice before withdrawals. Wager and cash out requirements apply. See full T&Cs at womanbingo.com. Play responsibly. Gambleaware.co.uk

18 gambleaware.co.uk

Win a share of £25,000

IT'S CASH O'CLOCK!

* Check out Rock Around the Clock on the *Woman* Bingo promotions page!
* Play your way around the clock to unlock each of the 12 hours and earn a rockin' share of £25,000!
* Simply play a minimum of £5 during the am or pm of each hour until Sunday 8 March to unlock it.

18+. UK only. Registration and wager required. T&Cs apply.

FRENCH & SAUNDERS ARE BRIDESMAIDS!

Jen and Dawn were forced to don these terribly unflattering frocks as they marched a real-life bride up the aisle.

RED NOSE DAY IS ON 13 MARCH, BBC1

ALI G MEETS POSH & BECKS

With questions more suited to a late-night chat show than an episode of *Parkinson*, this interview still made for great TV. Booyakasha!

DAWN SNOGS HUGH

Lucky Dawn got her wish in 1995 when heart-throb du jour Hugh Grant gave her a smacker on the lips.

Red Nose Day's funniest moments

It makes us laugh and cry, but Comic Relief has had plenty of memorable moments over the years...

JESSIE J SHAVES HER HEAD

Lots of people shave their heads for charity, but how many have the guts to do it on live TV in front of the nation?!

KATE MOSS ON LITTLE BRITAIN

We met Croydon's answer to Vicky Pollard when Kate took part in a one-off comedy special in 2006.

SUBO SINGS WITH PETER KAY

We got two divas for the price of one when Susan Boyle teamed up with Peter Kay's singing alter-ego Geraldine McQueen for a soulful duet.

ts!

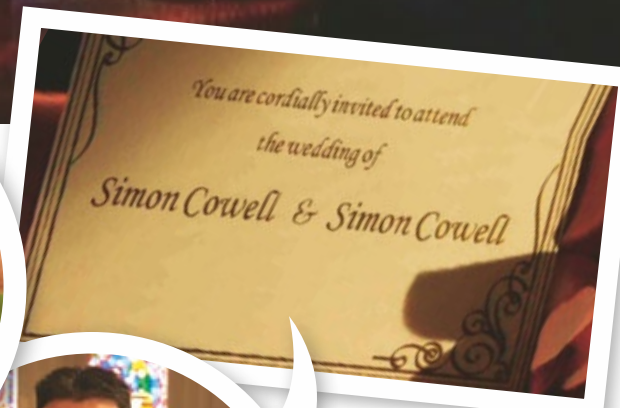
THE SUGA LUMPS VS THE SPICE GIRLS

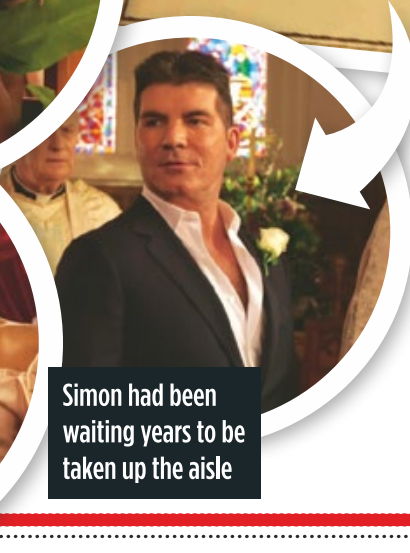
Swing it, shake it, move it, make it, who do they think they are? The Spice Girls had stiff competition when Jennifer Saunders, Dawn French, Lulu, Llwella Gideon and Kathy Burke formed their very own girl band. Girl power!

AM I BOVVERED?

Tony Blair faced some tough interviewers in his time, but none more so than hard-to-please school girl Lauren, aka Catherine Tate.

SIMON COWELL'S BIG FAT WEDDING





Simon had been waiting years to be taken up the aisle

Simon had his pick of brides in this sketch that included Sinitta sobbing behind her banana leaf. But there's only one person Simon loves enough to pledge everything to – himself!

WORDS: HELEN STUART. PHOTOS: EROTEME, PA IMAGES, PLANET PHOTOS, RAY BURMISTON/COMIC RELIEF, WENN

STARSCOPE

Your stars for next week and the year ahead, by Penny Thornton

ARIES 21 Mar – 20 Apr
If opportunities to find happiness and success are in short supply, it's time you launched a few ships of your own. The world is your proverbial oyster.
For your reading ☎ 09058 172557

TAURUS 21 Apr – 21 May
Fate, karma and circumstance play a big part in events. This may mean your good karma is about to deliver – or an ill-considered move made now will be regretted in the future.
For your reading ☎ 09058 172558

GEMINI 22 May – 22 Jun
People could prove unpredictable and work meetings may turn out to be fiery. Especially on Thursday, leave nothing to the last moment.
For your reading ☎ 09058 172559

CANCER 23 Jun – 23 Jul
You should be able to hear the rumblings of change. And if not, why aren't you getting behind some of those promises you made to yourself at the start of the year? Be the change you want to be.
For your reading ☎ 09058 172560

LEO 24 Jul – 23 Aug
Finances could be a concern. If you're not making a final payment or tying up agreements, you could be containing a monetary crisis. By contrast, there could be exciting developments in an affair of the heart.
For your reading ☎ 09058 172561

VIRGO 24 Aug – 23 Sep
This year's only Full Moon in Virgo helps you close and complete. If you're getting married, a perfect ending is on its way. But if a relationship hits a new low, perhaps it's time to bring an end to the misery.
For your reading ☎ 09058 172562

LIBRA 24 Sep – 23 Oct
A love affair could take off like a rocket or you could have a run-in with a partner. Try not to fret if something happens over which you have little or no control.
For your reading ☎ 09058 172563

SCORPIO 24 Oct – 22 Nov
These stars will help you bring something beautiful into being and heal an old wound. You will know so much joy once you put the past behind you and open your heart again.
For your reading ☎ 09058 172564

SAGITTARIUS 23 Nov – 21 Dec
The Full Moon on the 5th draws a line in the sand. If you are approaching the end of a job or moving home, you will be perfectly in sync with your stars.
For your reading ☎ 09058 172565

CAPRICORN 22 Dec – 20 Jan
An opportunity to make money could present itself or a financial problem may be solved in an unexpected way. However, if you are involved in a negotiation of any sort, expect a curveball.
For your reading ☎ 09058 172566

AQUARIUS 21 Jan – 19 Feb
Jupiter is doing good work in the zone of relating, strengthening ties that bind. But this week you can't afford to put a foot wrong. There will be consequences, even if they take years to appear.
For your reading ☎ 09058 172567

PISCES 20 Feb – 20 Mar
You could have left it too late to deal with a problem and now someone has taken action. There may still be chances to set a wrong to rights – make your move as early in the week as possible.
For your reading ☎ 09058 172568

Starlines are updated every Saturday. BT calls cost 77p per minute and last about 4 minutes. Costs from other networks may be higher. Users must be 18+. You must have the bill payer's permission. Service provider: Spoke, W1B 2AG. Helpline: **0333 202 3390.**

PSYCHIC SERVICES Contact our team for intuitive guidance...
To pay on your phone bill Call 09063 447986
Love & Relationship Psychic **Call 09063 447980** £1.53/min. Live Medium **Call 09061 746340** £1.53/min. To book using your credit/debit card **Call 0800 063 0693** or text WOMAN followed by your question to 86655 £3/txt.

BT calls cost £1.53 per minute. Cost from other networks may be higher. Callers must be 18+. Lines are open from 8am-1am every day, calls made outside of these hours will be charged. Maximum length for calls is 19.6 minutes. Text readings cost £3 plus standard-rate message. Psychics will promptly reply to all messages. When you text a psychic, you will get marketing messages from Time Inc. (UK) Ltd and *Woman* magazine. However, you can reply NOINFO at any time to unsubscribe from marketing messages. Helpline: UK 0333 202 3392 (9am-5pm, Mon-Fri). Service provider: Spoke, W1B 2AG. All calls are recorded. Readings are for entertainment purposes only. This service is regulated by PhonepayPlus.

ISA SEASON

Quick guide to super-powering your savings from Quidco

Want to get savvy with your savings account and earn more but you're not quite sure where to start? Luckily for you, Quidco has the best guide for you and even allow you to compare...

WHAT ARE ISAS?
ISAs (Individual Savings Accounts) are a tax-efficient way to save money. With cash ISAs your interest isn't taxed, so from April you can use an ISA to save tax-free up to £15,240.

HOW DO I FIND THE BEST ISA FOR ME?
You choose which ISA suits you best. As with regular savings accounts, there is a range of cash ISAs available catering for all kinds of savers, offering facilities from instant access to fixed rate deals.

ARE ISAs JUST FOR ME?
No. There is even an ISA for children called the Junior ISA (JISA). As with the standard ISA, you can use it to save tax-free on behalf of your children, to save for their future!

Great news! Quidco offers cashback on ISAs, so when you know what you want, log on to the site and take a look at what's on offer!

HERE'S HOW QUIDCO WORKS
BROWSE Join Quidco for free and browse its thousands of retailers and offers.

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SAVE When you make a purchase you will get cashback into your Quidco account. You can then withdraw this from your bank or Paypal account to spend (or save!) as you wish.

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Bloke at the back

Aidan TURNER

Watch out, Mr Darcy! Smouldering Aidan is about to set Sunday evenings alight in BBC1's Poldark

Aidan cosies up to *Woman*'s Helen

Tall, (Pol)dark and handsome!

It was the period drama that gripped us in the 1970s, so a new adaptation of *Poldark* is sure to grab everyone's attention. We meet the newest heart-throb on the block, Aidan Turner, 32, who plays the bruised war hero Ross Poldark to find out more...

When I was offered the role I was quite surprised to see how popular the original series was. I called my mum and she went nuts, saying, 'Oh, we used to watch that!' And there are so many people now in their forties called Ross and Demelza because of it!

Ross is an honest, good guy. He wants to help people and he breaks his back trying to do so. But he's not just this benevolent saint – he's a badass too.

I don't think about the heart-throb thing. I'm quite selfish in that regard – if something doesn't interest me, I shut it out because I just can't be bothered. I don't get recognised much and I don't think that'll change. Ross is in costume and he's got long hair and mine's short now.

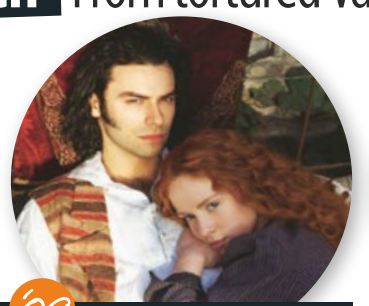
My girlfriend is in the industry too, so she understands when I have bedroom scenes. I had an idea of how Ross's body would look in my head because his work is strenuous and dangerous, and diet was a lot different back then – but I didn't want to look like I was overtrained. I remember being hungry for a lot of the shoot, which is hard because then I turned into a bit of a monster. After the first couple of months, I thought, 'For continuity's sake alone, I need to put the pie down!'

We filmed in Cornwall for six weeks – it was gorgeous. Believe the hype! That epic landscape is the biggest set in the world.

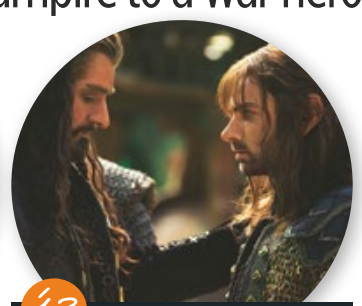
*** *Poldark* starts on Sunday, 8 March, BBC1**

THE CASTING COUCH From tortured vampire to a war hero – via Middle-earth!

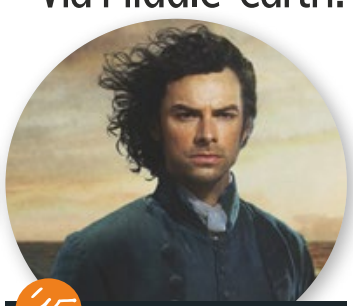
'08 **Being Human** 'That was a funny job and at the time we didn't realise how close we'd all get.'



'09 **Desperate Romantics** 'I had a few bedroom scenes... You just have to get on with it.'



'13 **The Hobbit** 'We didn't want to disappoint one of the biggest fanbases ever!'



'15 **Poldark** 'I feel honoured and privileged to play such an iconic character as Ross Poldark.'

Say what?
'You don't have to do much acting when you're chucked round a room!'

WORDS: HELEN STUART. PHOTOS: REX, ALLSTAR